

ROAD TO MARS goes through CONNECTICUT | HEALTHIER holiday desserts | JIM BREUER **cptv**

CONNECTICUT

connecticutmag.com

MAGAZINE



HOLIDAY GIFT GUIDE

DECEMBER 2017 \$4.95



GET them what **they REALLY WANT!**

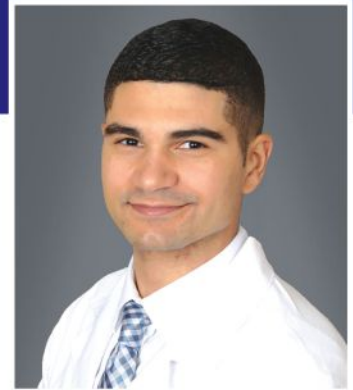
New Office Location **399 Farmington Avenue, Farmington**



Bhavesh R. Patel, MD
Named "TOP DOC" 2009 - 2017
by Connecticut Magazine
Board Certified in Physical
Medicine and Pain Medicine



Bohdan J. Warycha, MD
Board Certified in
Physical Medicine and
Pain Medicine



Hans E. Knopp, DO
Board Eligible in
Physical Medicine
& Pain Medicine
Joining in July 2018



Hannah Huskic,
APRN



Muneera Panjwani,
APRN



Edmond M. Daniells, DC
Chiropractic Physician

*Accepting
New Patients!!!*
203-598-7246



Phone:
203-598-PAIN (7246)

www.ctspinedoc.com

**Non-Operative
Spine & Sports Medicine
Spinal Injection Therapy
Electrodiagnostic Testing
Ultrasound Guided Joint Injections
Platelet Rich Plasma "PRP" Injection Therapy
BOTOX Injections for Migraine Headaches**

**1579 Straits Turnpike, Middlebury
166 Waterbury Road, Prospect
399 Farmington Avenue, Farmington**



203-882-3415



22 River Street
Downtown Milford

CONNECTICUT'S LARGEST PHOTO SPECIALTY STORE

INTERNET PRICING WITH PERSONALIZED SERVICE

www.MilfordPhoto.com
FREE SHIPPING ON ALL PRODUCT ORDERS



Connecticut Retail
Merchants Association

**Independent Retailer
of the Year 2016**

FEATURING

Canon

Nikon

SONY

OLYMPUS®

FUJIFILM

TAMRON®

SIGMA



[pro]master
PROFESSIONAL

WE OFFER ONSITE:

Custom Framing Photo Classes Digital Restoration
Digital and Film Processing
Extensive Video, Print and Film Transfer Services

MAKE A STATEMENT

SHOP OUR
MEN'S & WOMEN'S
OUTERWEAR FOR
THE MOST UNIQUE
LUXURY COATS

 **MORNEAULT'S**
STACKPOLE MOORE TRYON
APPAREL FOR WOMEN & MEN | TRAVEL | BUSINESS | FORMAL

BEST OF
Hartford
MAGAZINE
2017
WINNER

CONNECTICUT MAGAZINE'S
BEST
OF **7**
CONNECTICUT
WINNER

CTNOW
★ **BEST** ★
OF
HARTFORD
READERS' POLL
2017

242 Trumbull St. Hartford, CT 06103

www.StackpoleMooreTryon.com

MAKE A STATEMENT

SHOP OUR
MEN'S & WOMEN'S
OUTERWEAR FOR
THE MOST UNIQUE
LUXURY COATS

 **MORNEAULT'S**
STACKPOLE MOORE TRYON
APPAREL FOR WOMEN & MEN | TRAVEL | BUSINESS | FORMAL

BEST OF
Hartford
MAGAZINE
2017
WINNER

CONNECTICUT MAGAZINE'S
BEST OF
CONNECTICUT
WINNER

CTNOW
★ **BEST** ★
OF
HARTFORD
READERS' POLL
2017

242 Trumbull St. Hartford, CT 06103

www.StackpoleMooreTryon.com

FEATURES

45 Special Section: Holiday Gift Guide

Our annual collection of gift ideas includes everything from chocolates to watches.

62 Mission: Mars

A Connecticut company is working with NASA to develop life-support systems for use on a manned mission to Mars.

70 The Creator's Game

Mohegan-Sun's New England Black Wolves are the only pro lacrosse team owned by a Native American tribe.

74 Buyers' Markets

Two independent grocery stores just blocks apart in New Haven have very different approaches on how to compete against supermarket chains and wholesale clubs.

62

DEPARTMENTS

8 Editor's Note

10 Voices

12 First

Connecticut and Puerto Rico have a long history. The devastation caused by Hurricane Maria is strengthening that connection. Also, a Wolcott woman is cooking up some Holy Pierogies and Wesleyan University Press is publishing important poetry.

21 Beachcombing

Bill Lucey has returned to take over the role of Long Island Soundkeeper.



86

23 This Month

We chat with comedian Jim Breuer, listen to some Connecticut-themed podcasts, and meet the new Scrooge of Hartford Stage's *A Christmas Carol*.

60 The CONNsumer

Kevin Hunt gets in the holiday spirit with some tech gift ideas of his own.

79 The Connecticut Table

The owners of Millwright's and Bear's Smokehouse have teamed up to open The Cook & The Bear in West Hartford. We also stop by Grass & Bone in Mystic for a sandwich and share a few recipes for "healthy" holiday sweets. Our "Under the Radar" feature debuts with a look at Pappadella's in Danbury.

128 The Connecticut Files

It's impossible to say it with certainty, but the first Christmas tree raised in the New World may very well have been in Windsor Locks.



116 CPBN Guide

- "Holiday Lineup"
- "December's Food Schmooze Recipe"
- "CPTV Highlights"

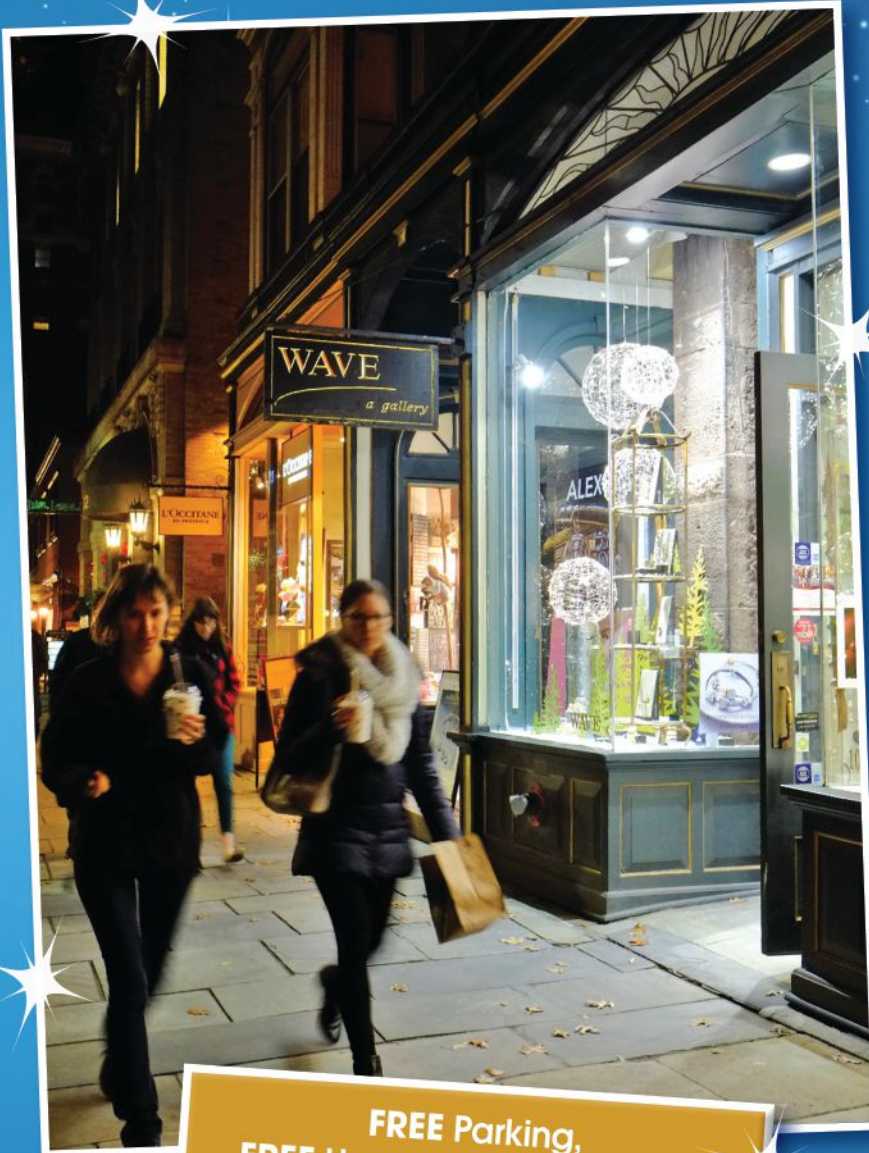
For new subscription orders or questions, call 855-235-9032. **Subscriber/Postmaster:** Send changes of address or subscription inquiries in writing to *Connecticut Magazine*, Subscription Services, P.O. Box 3000, Denville, NJ 07834.

CPTV or Public Broadcasting members: Please call member services at 800-683-1899.

Cover design: Alyson Bowman; shnell_c4/iStock/Thinkstock

This page: (top) Concept drawing of NASA's Asteroid Redirect Mission, in which a robotic craft will visit a large near-Earth asteroid, collect a boulder from its surface, and redirect it into an orbit around the moon, one step in a multi-part process to reach Mars; courtesy of NASA. (above) Matcha painted sugar cookies; photo by Shelley Lawrence Kirkwood.

Dine. Shop. Explore.



**FREE Parking,
FREE Horse & Carriage Rides,
Ice Carving Competition & more!**
TheShopsatYale.com/Holidays

Apple

Only Apple in New Haven County

J.Crew

Only J.Crew within 30 miles

Barbour

Only Barbour in Connecticut

Raggs for Men & Women

One-of-a-kind fashion store

Mario Batali's Tarry Lodge

Award-winning Italian restaurant

Patagonia New Haven

One of only two locations
in Connecticut

dwel New Haven

Independently-owned gift shop

Visit these and many more
unique stores and restaurants.
Plan your trip today at
TheShopsatYale.com

The Shops at Yale

More than 70 unique boutiques, retailers, eateries, award-winning restaurants, theaters, and world-renowned museums in the heart of Yale University and downtown New Haven.

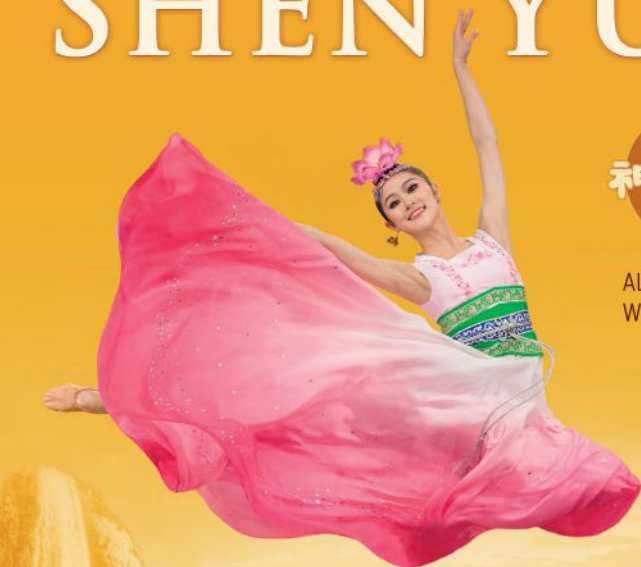


5,000 YEARS OF CIVILIZATION REBORN

神韻晚會 2018 SHEN YUN



ALL-NEW PROGRAM
WITH LIVE ORCHESTRA



Where Art Connects Heaven and Earth...

Shen Yun's unique artistic vision expands theatrical experience into a multi-dimensional, deeply moving journey through one of humanity's greatest treasures—the five millennia of traditional Chinese culture.

DEC 22 & 23, 2017 | PALACE THEATER Waterbury
Fri 22, 7:30PM | Sat 23, 2:30PM & 7:30PM
ShenYun.com/Waterbury | 888.974.3698

CONNECTICUT® BUSINESS & EDITORIAL OFFICES
MAGAZINE 100 Gando Dr. | New Haven, CT 06513
203-789-5300 | Fax 203-789-5255

Group Publisher and President Paul Barbetta
203-330-6527 | pbarbetta@hearst.com

| editorial |

Editor in Chief Albie Yuravich
203-789-5230 | ayuravich@connecticutmag.com

Writer/Content Editor
Mike Wollschlager
mwollschlager@connecticutmag.com

Senior Writer Erik Ofgang 203-789-5227
eofgang@connecticutmag.com

Writer Michael Lee-Murphy 203-789-5233
mmurphy@connecticutmag.com

Contributing Writers Randall Beach,
Frank Rizzo, Michelle Bodak Acri, Kevin Hunt,
Brian Lance, Shelley Lawrence Kirkwood

Contributing Photographers Arnold Gold,
Jeff Kaufman, H John Voorhees III,
Shelley Lawrence Kirkwood

Executive Editor, Connecticut
Helen Bennett Harvey
hbennett@newhavenregister.com

| art & production |

Senior Designer Alyson Bowman
abowman@connecticutmag.com

Designer Greg Moody
gmoody@connecticutmag.com

Advertising Support Specialist
Patty Genovese

| sales & marketing |

Senior Vice President, Sales and Marketing
Rich Medeiros | 203-680-9919
rmedeiros@hearstmediact.com

Greater New Haven Joe Hiznay
203-401-1572 | jhiznay@connecticutmag.com

Hartford + Litchfield Counties Karl Cicitto
860-944-7256 | kcicitto@connecticutmag.com

Middlesex + New London Counties Richard Catanese
203-789-5428 | rcatanese@connecticutmag.com

Tolland + Windham + New London Counties
Julie Rowbotham | 203-464-1300
julie.rowbotham@hearstmediact.com

Fairfield County Tracy Poeti
203-215-9701 | tpoei@connecticutmag.com

Marketplace Advertising Joe Hiznay
203-401-1572 | jhiznay@connecticutmag.com

Subscriber Services
855-235-9032

PUBLISHER'S REPRESENTATIVES

Boston Lange Media Sales
781-642-0400 | erklange@aaim.com

New York Couture Marketing
917-821-4429 | karen@couturemarketing.com

| credit & collections | 877-396-8937

Visit us at connecticutmag.com. Connect with us on [f](#) [t](#) [i](#) [i](#)
Copyright 2017 by Hearst Connecticut Media Group. All rights reserved.
No part of this publication may be reproduced without written permission.
No responsibility is assumed for unsolicited materials, which must be
accompanied by SASE if they are to be returned.

HEARST CONNECTICUT
MEDIA GROUP

CIRCULATION
VERIFICATION
COUNCIL
Connecticut Magazine® (ISSN 0889-7670), a property of Hearst
Connecticut Media Group, 100 Gando Drive, New Haven, CT
06513-1014, is published monthly by Connecticut Magazine at
100 Gando Drive, New Haven, CT 06513. Periodicals postage paid at New Haven,
Connecticut, and at additional mailing offices. Printed in U.S.A. Subscription rates:
One year \$19.97, two years \$34.97, three years \$39.97 in Connecticut; out-of-state
residents add \$5/yr. POSTMASTER: Send changes of address to Connecticut
Magazine Subscription Services, P.O. Box 3000, Denville, NJ 07834.



THIS IS NOT A JACKET.
THIS IS AN ORVIS JACKET.

RIVER ROAD WAXED COTTON JACKET

designed by women for women



MORE THAN A STYLE STATEMENT

*waxed shell is water
repellent, wind resistant
& stain resistant*

CELL-PHONE SAFE

*stormproof pockets keep
electronics, car keys &
wallet dry*

TURN INTO THE WIND

*storm flap seals
out gusts & rain*

OUTSIDE THE BOX

*internal drawstring waist
lets you personalize the fit*

INNER BEAUTY

*signature plaid lining
for a touch of warmth*

GET TO KNOW THE ORVIS DIFFERENCE ONLINE OR AT ONE OF OUR 70+ STORES.
OH, AND BRING YOUR DOG ALONG. WE'D LOVE TO MEET YOU BOTH.

ORVIS®

MEN | WOMEN | FLY FISHING | WINGSHOOTING | DOGS

AVON • ORVIS.COM

\$25 OFF \$50

ON YOUR NEXT ORVIS PURCHASE

Use promo code CTMAG25 | Expires 12/31/2017

ORVIS FANS & NEW FRIENDS, PLEASE ENJOY THIS SPECIAL OFFER.

OFFER VALID AT ORVIS RETAIL STORES, 800-541-3541, AND ORVIS.COM. Code must be presented at time of purchase to receive discount at retail stores. Valid on full-priced merchandise only. Not valid on previous purchases, select product promotions, Orvis outlet stores; fishing, Barbour®, Dubarry of Ireland®, Leatherman®, or Yeti® merchandise; Gift Cards, guns, ammunition, schools, or travel packages. Cannot be combined with any other offer. Taxes, shipping, and handling do not count toward the qualifying amount. For single use only. No cash value. Code valid through 12/31/2017. Other exclusions may apply.

*Celebrating
40 years*



Helen Ainson
DARIEN

Shop online or in store

Mother of the Bride
Sportswear
Evening Shoes

Eveningwear
Accessories
French Lingerie

1078 Post Road • (203) 655-9841
helenainson.com Sizes 2-24



| editor's note |

A Waste of Space?

In the coming years, not in some far-off future, we will venture farther than any humans in history, past the moon and on to Mars. NASA and headline-grabbing private firms such as SpaceX will be at the forefront of this journey. You will hear news about tests and milestones originating from states including Florida, Texas and California.

But did you know that more than 20 aerospace companies right here in Connecticut will also provide the technology to push humanity past its previous limits? Facilities across the state are hard at work on equipment that will be used in the Space Launch System, the most powerful rocket ever built, and the Orion spacecraft, which will carry astronauts into deep space.

United Technologies Aerospace Systems in Windsor Locks is one of the key players in Connecticut. The company has supplied NASA with equipment since the days of John Glenn and Neil Armstrong. UTC Aerospace Systems' next challenge is providing life-support and thermal-control systems for Orion. Writer Erik Ofgang explores the firm's technological undertaking, and how NASA plans to conquer deep space, in "Mission: Mars" on page 62.

UTC Aerospace Systems and the 20 or so other state firms are not alone in their contributions to the aerospace industry here at home. In fact, hundreds of Connecticut companies provide larger companies such as UTC with what they need to, in turn, deliver to NASA what it needs to safely reach its goals. While firms are located across the state, the region north of Springfield to the south of Hartford is particularly flush, so much so that it's known as Aerospace Alley.

But what good is going into space? After all, space travel is difficult, dangerous and expensive. And how does going to the moon, or even Mars, benefit us, especially when the very real problems here on Earth could use the ingenuity and the resources devoted to all things space? People have been asking these questions since even before the start of the space program.

Sometime next year, a robotic spacecraft called the Parker Solar Probe will begin its journey toward the sun. It will come only a few million miles away from the star (relatively close when you consider nearly 100 million miles separate the Earth from the sun). The probe will enter the sun's atmosphere, enduring incredible heat and radiation, all the while gathering data that will increase our understanding of solar activity. This could prove enormously valuable information, as one of the greatest threats facing our electrical grid — and our nuclear power plants, as we wrote about earlier this year — is a severe solar storm.

The Parker Solar Probe will not survive the harsh conditions it will face without heavy-duty protection. A cooling system to keep temperatures on the machinery from soaring is critical. The manufacturer of that cooling system? UTC Aerospace Systems in Windsor Locks.

Looking ahead to the Orion missions, new techniques are being implemented to maximize clean air and water for astronauts. With growing numbers of people on Earth struggling to access clean water, these methods could help those in need.

These are known as technology spinoffs, things that are designed for one purpose but are then used to do something else. In your daily life, chances are you encounter something that has been spun off from space tech. Scratch-resistant lenses, memory foam and de-icing systems for aircraft all have roots in NASA technology. Other tools diagnose diseases, protect firefighters and help the disabled. Some of these make life better. Others make life possible.

Some of these innovations might never have happened, or been greatly delayed, had scientists and engineers, some of them here in Connecticut, not been compelled to create them to cope with the harshness of space. Perhaps space travel has been worth it, after all.



Albie Yuravich

ayuravich@connecticutmag.com

Follow me on Twitter and Instagram

@AlbertYuravich



NEW ENGLAND SPINE + DISC

391 Boston Post Road Orange, CT, 06477



203-799-3472

Schedule Now!

NEW TECHNOLOGY FOR REVERSING HERNIATED AND BULGING DISCS WITHOUT DANGEROUS AND DESTRUCTIVE EPIDURAL INJECTIONS, MEDICATIONS AND SURGERY!

newenglandspineanddisc.com

391 Boston Post Rd.
Orange, CT 06477 • 203-799-3472

INTRODUCING Dr. Richard Carpenos, DC

Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery and are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. However, we have seen hundreds of patients who received operations they did not need and are still in ridiculous pain. NE Spine & Disc Healing Protocol is both high-tech and non-force, and most important, proven to be a safe and effective alternative to surgery. You will see we have the best therapeutic modality for advanced pain relief and expedited healing times! Our **LiteCure® Laser** delivers soothing, deep, penetrating, photonic energy to bring about profound physare blocked and the damaged tissues begin the physiological process of repair 3-5 times faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our **LiteCure® Laser**, making it a truly profound healing modality and experience!

Surgeon has PERSONAL Experience!

Dr. Robert Morrow, a well-known, trusted orthopedic surgeon who had completed over 15,000 surgeries, said "I was suffering from shoulder pain for 6 months straight with no relief. I heard about laser treatment and after seeing and hearing many of my patient's stories, I did more research on the topic and found that the doctors and staff now using these **LiteCure® Lasers** people who think that surgery is their only option. I went to get treated and was amazed that it took away all of my pain. After 6 months of misery, I was relieved and I am now **Pain Free!** I know that orthopedic surgeons don't always fully understand the available alternatives to surgery and, as a result, many patients are sent through long, painful and costly procedures. There are many of you who have been through the process of using prescription medications and injections... with little or no relief. Physicians who recommend drugs are limited by their options, for treatment, so they continue to prescribe medications. I have found that this NE Spine and Disc Healing Protocol very effective at treating patients that have not responded to other procedures, even those who have already tried surgery. I concluded, to give patients the best possible care, there needs to be referrals provided to chronic pain patients so they can receive these unique therapies."

*To everyone whose condition warrants this treatment.

**While these results are typical individual results may vary.

ADVANCED TOOLS for diagnosing and providing the best pain relief possible!

Patients cannot get a more complete exam for this treatment than that provided at NE Spine and Disc. We are tooled with advanced diagnostic and care protocols, for the use of spinal decompression and deep tissue laser technologies that are the most advanced pain-relieving options in the market. We are tooled to provide you care that is breaking through the barriers of traditional medical and chiropractic. Don't undergo painful, costly, needless surgery that often can be avoided.

CALL NOW!
1-800-PAIN-FREE
203-799-DISC (3472)

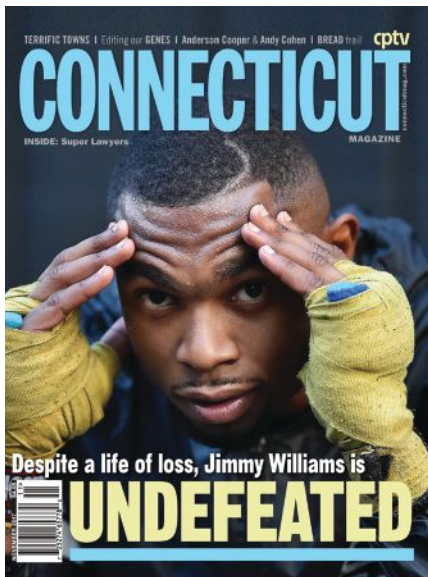
2 Free Visits*

TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible **Deep-Tissue Laser Therapy**."



reader letters

Connecticut Magazine welcomes letters. Write to Editor, Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, or email editorial@connecticutmag.com. Please include your name, phone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

Bethel's Fall Bounty

In the cover story in your October issue, you listed the best fall foliage destinations around Connecticut (Fall's Fireworks). I want to add one to the list.

In Wolfpits Park in Bethel, administered by the Bethel Land Trust, there is a grove of euonymus trees near the entrance such that if you catch it at just the right time, the leaves turn a beautiful pink and you are surrounded by a mantle of pink and green. The park is small and parking is minimal, but Bethel Land Trust has improved the trails and the markings over the last few years. You can probably cover all the trails in less than two hours. Things were late this year, but the perfect time is usually the last weekend in October. If you ever have a chance and before storms knock all the leaves off the trees, come check it out.

Mike Ecsedy
Brookfield



Do You Remember This Car (in Yellow)?

I am hoping that one of your readers may remember a yellow Morgan sports car that lay abandoned under an apple tree in a Connecticut orchard for eight years or so from about 1976 to 1984. In that year the car, a Plus 4, was purchased by a man from upstate New York and hauled away on a flatbed truck. He took the car to pieces and spent 4½ years restoring it. The car, which looks like something from the 1930s, was rebuilt to a very high standard and still presents very well today — but it is now British racing green!

Today I am its happy owner, and I would love to know where this orchard was, how the car came to be left there, and when it was abandoned. I do know that the car had been sold to Bruce Murray of 7 Pawnee Road, East Hartford, in May 1968, but know nothing of its fate until it was acquired for restoration in 1984 after spending eight years or so out in the open. If anyone has any recollection of such a car, I am extremely keen to hear from them.

Jonathan Kinghorn

Lexington, Massachusetts

Readers, do you know anything about this car? Write to us at Connecticut Magazine or email editor@connecticutmag.com and we will pass the information on. — The Editor

40 UNDER 40

WE'RE LOOKING FOR CONNECTICUT'S RISING STARS

Do you know of an emerging leader in our state?

Someone who is full of energy and fresh ideas, and the will to succeed?

We're seeking Connecticut's next generation of up-and-comers under the age of 40. To make sure our list truly reflects excellence, we're asking for your assistance. If you know of someone who fits this description — it could be a co-worker, your boss, a rising star in your company, firm or community — let us know!

To nominate a worthy contender, go to connecticutmag.com or goo.gl/a4SU21

The deadline for submissions is Dec. 1, 2017.

All nominees should be under 40 as of July 1, 2018.

The best of the best will be featured in the February 2018 issue of Connecticut Magazine.



NOMINATE SOMEONE TODAY!

Come home to a smart energy home.

It doesn't take a lot to make your home more energy-smart. Even simple steps like weatherization can make all the difference. Just by keeping the heat in and the cold out, your family will stay warmer and more comfortable this winter.

And here's great way to make your home a little more cozy: **Home Energy Solutions.**™ It's fast, it's easy, and a terrific value! And your energy savings begin on day one.

Sign up today. *Make. Life. Better.*

EHEAIP417CM


877-WISE USE
(877-947-3873)
EnergizeCT.com

EVERSOURCE



energize CT
CONNECTICUT
Empowering you to make
smart energy choices

Energize Connecticut – programs funded
by a charge on customer energy bills.



Linked by Struggle

IN PUERTO RICO'S TIME OF NEED, A LONGTIME CONNECTION BETWEEN THE ISLAND NATION AND OUR STATE IS POISED TO GROW EVEN STRONGER

BY MICHAEL LEE-MURPHY

One of the first things the Hartford Yard Goats did upon inaugurating their new stadium in downtown Hartford was retire iconic Puerto Rican ballplayer Roberto Clemente's No. 21. (Clemente, who played 18 seasons for the Pittsburgh Pirates, died in a plane crash in 1972 off the coast of the island, carrying relief supplies to Nicaragua following an earthquake.) The black and yellow No. 21 patch adorning the centerfield wall sends the message: Hartford is a proud Puerto Rican city, at the center of a proudly Puerto Rican state.

Connecticut and Puerto Rico are about the same size geographically. The two places have just about the same population, and for decades they have been linked by migration, exile and empire. Connecticut has the largest percentage of Puerto Ricans of any state, and Hartford is the single most Puerto

Rican city with a population over 100,000 in the mainland United States. The formation of a Puerto Rican political structure in the state — and in Hartford city government in particular — has been studied as an example of how to win effective political power through concerted organizing.

The current moment of crisis caused by Hurricane Maria has the two places being brought closer together than ever. According to state officials, as many as 600 children from Puerto Rico have enrolled in Connecticut schools since the hurricane. And thousands of people could come to the state in the coming years.

Indeed it is in the school system where much of the hard work of disaster relief is done. For Monica Bunton, a bilingual second-grade teacher in the Fair Haven neighborhood of New Haven, the task of addressing the destruction of Hurricane

Onyx Velez, of Stamford, waves the Puerto Rican flag on Summer Street for a collection drive for Puerto Rico in downtown Stamford in October. PHOTO: MICHAEL CUMMO

Maria happens on many levels. Half of the children in her class are Puerto Rican. "Some of the students who are more aware of what happened: it's just their sadness. ... There's this really profound sadness," Bunton says.

All but one of Bunton's students have been on the mainland since before the hurricane. She says the district sent an email advising teachers on how to prepare for new arrivals, but that teachers have not received much guidance about how to address the trauma of the hurricane with children who were already here.

Bunton says teachers like her need to have an "understanding that kids themselves are aware, they're super aware of what's going on, at least the majority of them." She describes an incident in which one child, speaking of the hurricane, said Puerto Rico had "dirty water." A Puerto Rican child in the class took deep offense, hurt by the depiction of the island. It is in these situations, Bunton says, in which young minds are forced to process the

injustices of situations much larger than they are. "Of course, you know? Someone says that your country, your heart, has dirty water? She freaked out on him," Bunton says.

"There hasn't been a lot of discussion about how to talk to students who have been here, and are still experiencing some form of trauma, because they have family there that they haven't heard from, or they have these memories of this place, and they know that it's been totally destroyed."

What has perhaps been lost in the day-to-day news of the hurricane and the efforts in Connecticut to respond to it, is the level of crisis that has defined the island even before the hurricane, and the historical crises that have long linked the island and the state.

The first major wave of Puerto Rican migration to Connecticut took place in the post-war years, when the Shade Tobacco Growers Association negotiated the importation of workers from the island with the Puerto Rican Department of Labor. Driven to leave by lack of work on the island, thousands of Puerto Ricans boarded planes to come to work in the tobacco fields of northern Connecticut and western Massachusetts. According to University of Connecticut historian Ruth Glasser, the farmworkers often worked far more hours and for less money than what was stipulated in the contracts. Workers who had agreed to work 40-hour weeks with time-and-a-half overtime pay were stuffed into barracks without adequate heat, working 10- to 14-hour days with no overtime pay.

By 1972, the workers had formed the Asociación de Trabajadores Agrícolas (Farm Workers Association). For several years in the 1970s, Puerto Rican workers were part of a national movement organizing for rights and unionization for Latino migrant laborers. Cesar Chavez, the legendary United Farm Workers organizer, visited the Connecticut tobacco fields in 1974.

In the cities, too, there were battles to be fought. Structural deficiencies in housing and health care shaped the experiences of many Puerto Ricans living in Connecticut's urban areas. As the cities de-industrialized and hurt tax bases, unemployment rose. As they did on the island and in the tobacco fields, Puerto Ricans in Connecticut organized to fight for a better life. Inspired by the Black Panthers, the Young Lords organized in several Connecticut cities in the turbulent years of the late '60s and early '70s. According to Glasser, Bridgeport had the most organized chapter of the Young Lords, coordinating rent strikes for better housing and putting on free breakfast programs for the city's children. The arrest of Young Lords leader Willie Matos led to a riot after which the Bridgeport Police Department occupied the East Side for

Voted Connecticut's Best Health Food Store
5 years running by CT Magazine

New
Morning
Market



Goodness Is In™

Since 1971

Connecticut's Original Independent
Organic Marketplace



129 Main St. North, Woodbury CT
(203) 263-4868 www.newmorn.com

Introducing the
latest from


SYDNEYEVAN
jewels

*Fine Gifts
and Stationery
for all your
Special
Occasions*


FINE STATIONERS
More than a Stationery Store

1028 Main Street | Branford, Connecticut | 203.481.6683





Hurricane refugee Idalis Colon, of Canovanas, Puerto Rico, gives a kiss to her son Leeroy Esquilin, 2, recently at the new Puerto Rico Relief Center at Career Resources Inc. in Bridgeport. BRIAN A. POUNDS

some two weeks.

The formation in June this year of Connecticut Puerto Rican Agenda, the local chapter of a nationwide organization, came at a tragically opportune moment.

Since hurricanes Irma and Maria, the organization has coordinated many of the relief efforts throughout the state. Chapter President Jason Ortiz told the *Connecticut Mirror* in October that “as our community

bands together to help in a real material way with supplies, we’re also banding together in a political way, to figure out the best way to leverage our political power.”

The group organized busloads of local people to go down to a national march on Washington, D.C., on Nov. 19, demanding better coordination of the relief effort on the island.

The history of the Puerto Rican community is one of crisis and organization, a cycle that has repeated for decades. The Center for Puerto Rican Studies at Hunter College in New York estimates that as many as 11,000 people may come to Connecticut from the island in the years following the hurricane. They will arrive into a well-organized community, with a history of struggle. ■

Helping People Build Beautiful Country Places Since 1974!

NEW ENGLAND STYLE
Country Carpenters INC.
POST & BEAM BUILDINGS

Models on Display

Fine POST & BEAM Carriage Houses,
Garden Sheds & Country Barns

860.228.2276

Hebron, Connecticut
www.countrycarpenters.com

A Taste of Heaven

A WOLCOTT WOMAN'S DREAM COMES TRUE WITH HER BURGEONING BUSINESS, HOLY PIEROGIES

BY MIKE WOLLSCHLAGER

It all started with a dream. Not a hope or a wish or a goal, but an actual dream.

Like most dreams, Wolcott's Shannon Ziomek doesn't remember much about it. She doesn't even know who was sitting across the table from her, but she knows they were talking pierogies. "They said, 'You need to make Buffalo chicken, and your hardest critic is going to be your husband. And if you can win him over, you will be just fine.'" The next day Ziomek asked her husband Shaun if she could make him Buffalo chicken pierogies. The connoisseur of traditional Polish cuisine opined, "That sounds absolutely disgusting."

Luckily for both parties the pierogies were, in fact, not disgusting, and actually quite good — heavenly, in fact. Holy Pierogies was born.

Rewind back to Christmastime 2010. Shannon wanted to join in on her father-in-law's tradition of preparing the doughy dumplings for holiday meals. Self-described as "as Irish as they come," Ziomek (*née* Brady) remembers a lot of arguing during her first crack at cooking one of Poland's national dishes. No hard feelings, though; Stash Ziomek Sr. has been an integral part of the operation from the start.

Shannon and Stash were ready for round 2 at Easter the following year. But it was a Fourth of July picnic that brought about her first opportunity to get feedback on a larger scale. She made traditional potato and cheese pierogies that drew rave reviews. Shannon had the aforementioned dream a few weeks later and determined she wanted this to be her new career. An Irish woman made a Polish dish on America's birthday, and a Connecticut company was born. Holy Pierogies officially opened for business in November 2011 and her product was in stores in early 2012.

The initial stages took place in the basement kitchen with not much more than a small mixing bowl. All the pierogies were hand-made and the flavors ranged from peanut butter and chocolate to pepperoni and cheese. The dough is made with a church recipe that can be traced back to Shaun's grandmother. But the spiritual connection doesn't end there. From the company name to its slogan ("They Taste Heavenly") to its logo (there's a halo over the "P"), Ziomek's Catholic-school



Shaun and Shannon Ziomek are blessing the Connecticut marketplace with Holy Pierogies. PHOTOS: MICHELE RUGGIA

background is evident in all facets of the business. Community involvement and fundraisers are a big part of Holy Pierogies' mission — St. Matthew's School in Forestville sold 840 dozen at a recent event.

Whoever coined the proverb "necessity is the mother of invention" probably wasn't thinking about pierogies, but it applies here. One of Ziomek's two sons is autistic, and she didn't see a way she could properly care for him while also working a full-time job. Being able to run a profitable business out of her home has enabled Ziomek to both provide her son with the attention he needs and cover the costly expenses for special services.

Success and ambition, with some government regulations mixed in, forced the operation out of the basement, but not off the Ziomeks' property. They converted their one-car garage into a commercial kitchen and Shaun, Stash and Shannon's mother, Kathy Brady, all took on bigger roles.

But a successful family business can have its drawbacks. In the case of Holy

Pierogies, the production of specialty flavors has been pushed to the back burner in order to keep up with the public demand for what's most popular.

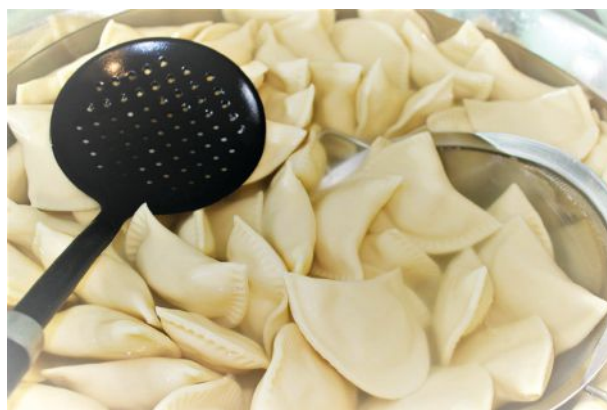
The non-traditional flavors you'll always be able to find are loaded baked potato, Buffalo chicken and garlic mashed potato. Still, Shannon says "the specialties are the best. I do a steak and cheese where I make my own cheese sauce. I do the pepperoni and cheese, the apple cinnamon, but I have to do those by hand." Similar to the way local breweries have can releases (in which a limited amount of hard-to-find beer is available for purchase) Ziomek will post on the company's Facebook page when certain specialty flavors are ready to hit the stores. She says the busy season is November through Easter, so summertime is your best bet if you're in the mood for blueberry, strawberry cream or chocolate-covered cherry pierogies.

A majority of the markets and IGAs that carry Holy Pierogies are in central

Connecticut, but stores as far north as Enfield and as far south as Milford have jumped on board. (Check the website for a list of stores.) They're even on the menu at the Derby beer garden The Hops Company. Despite steady growth within Connecticut, Ziomek — who is an accountant by trade with an MBA — has a bigger dream. And for this dream, she's very much awake. "I want these to go national."

holypierogies.com

facebook.com/holypierogies

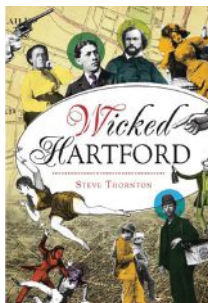


| the reading room |

WICKED HARTFORD

by Steve Thornton
History Press
142 pages, 2017

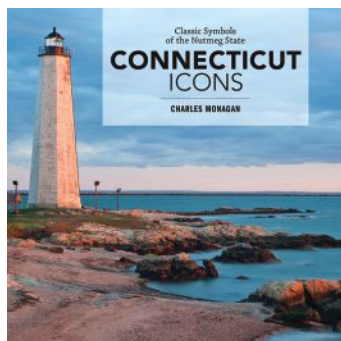
For the Hartford installment of their long-running *Wicked* cities series, the folks at History Press couldn't have picked a much better author for the job than Steve Thornton, the longtime labor organizer, grassroots historian and raconteur extraordinaire. Thornton has been bringing the un- and underknown tales from Hartford's past for years through his Shoeleather History walking tours. *Wicked Hartford* cobbles together stories from a broad and diverse background. The deeply immoral parts of Sam Colt's reign as Hartford's most famous industrialist, fascist priests, and the stories of Hartford's prostitution industry all get a mention. | MICHAEL LEE-MURPHY |



THE LAST MRS. PARRISH

by Liv Constantine
Harper Collins
393 pages, 2017

Readers seem to have an almost insatiable appetite for the trials, misfortunes and successes of the gilded classes of Connecticut's Gold Coast. From publishing behemoth Harper Collins comes this tale of envy, scheming duplicity and subterfuge. In October, the Constantine sisters' book was published simultaneously in 16 different countries. Keep your eye out for this book to do big things in the best-seller world. | MICHAEL LEE-MURPHY |



CONNECTICUT ICONS

by Charles Monagan
Globe Pequot
124 pages, 2017

"We are a small state, easily overlooked," writes Charles Monagan in *Connecticut Icons*. "Our natural gifts are better suited to the small screen than the large: murmuring streams, overgrown pastures, and fall foliage rather than snow-capped peaks or roaring surf. Similarly, our virtues — intelligence, refinement, and moderation, to name a few — almost by definition do not call attention to themselves." But call attention to the small state is exactly what Monagan does in the new

and updated edition of *Connecticut Icons*. The former editor of this magazine, Monagan has written about Connecticut for more than 45 years and uses a column he once wrote for its pages as the basis for the work. Here he offers brief and fascinating insights into many of the things that make this state so special, ranging from history (the *Charles W. Morgan*) to food (white clam pizza, steamed cheeseburgers). The original edition was published in 2006; the new edition adds write-ups on the Pinchot Sycamore in Simsbury, Pleasant Valley Drive-In, Appalachian Trail, Old State House, Portland Brownstone, Bulkeley Bridge, Newtown Flagpole and The Cross on the Hill in Waterbury. | ERIK OFGANG |

THE RIDGEFIELD PLAYHOUSE

You saw them on PBS,
now see them LIVE!

ALSO COMING UP!

December

10 Christmas with The Celts
As seen on PBS! Christmas favorites with a Celtic twist!



17 Rockapella Holiday
Rockapella's golden voices will sing you home for the holidays!



20 The Oak Ridge Boys Christmas Celebration
Performing traditional, contemporary & holiday tunes!

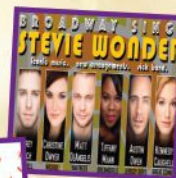


April 5 David Foster & Friends Hitman Tour



January

22 Broadway Sings Stevie Wonder



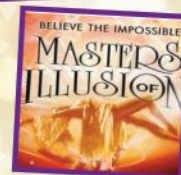
February

3 Debbie Gravitte's Big Band Broadway



11 Garrison Keillor "Just Passing Through"

13 Masters of Illusion



24/25 Joseph and the Amazing Technicolor Dreamcoat



80 East Ridge • Ridgefield, CT • 203.438.5795 • ridgefieldplayhouse.org



THE LADY-DATEJUST

The classically feminine Rolex, sized and styled
to perfectly match its wearer since 1957.
It doesn't just tell time. It tells history.



OYSTER PERPETUAL LADY-DATEJUST 28

LENOX
Jewelers

2379 Black Rock Turnpike, Fairfield
203.374.6157

ROLEX • OYSTER PERPETUAL AND DATEJUST ARE ® TRADEMARKS.

You'll Find Something for Everyone on Your List

DOCK SHOP

Nautical Boutique®

**NAUTICAL AND BEACH THEMED GIFTS, APPAREL, JEWELRY,
HOME DECOR and ACCESSORIES**



2 LOCATIONS

51 Tokeneke Rd. Darien, CT 06820 (203) 956-5893
609 Riverside Ave. Westport, CT 06880 (203) 557-0873

**HandCrafted
Natural Bedding Sets
Since 1918**

Our New Product Line:

*Australian Wool Mattress Pads
100% Cotton Mattress Pads
Down Feather Beds & Pillows*

I LOVE MY BED

*Always
remember
to fall
asleep with
a dream
and wake
up with a
purpose*

Norwalk Mattress Company

145 West Cedar St. Norwalk, Ct. 06854 ~ 203-866-6913

Showroom Hours: Mon thru Sat ~ 9am to 4:30pm

NorwalkMattress.com

**From the Hands of Our Craftsmen
~ The True Experts ~**

**Individually Made with the Finest Materials,
Natural Cotton, Pure Joma Wool, & Talalay Latex**



Hand Made in Connecticut for 99 Years!

Bariatric surgery that looks beyond the surgery.

At Bridgeport Hospital, you'll find an amazing team of fellowship-trained bariatric surgeons and weight loss specialists working together to meet your long-term goals of living your life to its fullest through a healthier lifestyle. No wonder our program has achieved national accreditation for the highest standard of care. Advanced Bariatric Surgery. Just another way Bridgeport Hospital is delivering on the promise of health care's future.

bridgeporthospital.org



Yale
NewHaven
Health
Bridgeport
Hospital



The Wesleyan University Press staff, from left, publicist and web manager Stephanie Elliott Prieto, Director and Editor-in-Chief Suzanna Tamminen, and marketing manager Jaclyn Wilson. MICHAEL LEE-MURPHY

Book Club

BY MICHAEL LEE-MURPHY

Just inside the front cover, most books have the name and location of their publisher. A birth certificate of sorts, the copyright page tells you where and when a book came into this world. More than a birth certificate, the copyright page tells something of a story.

Try this: go to your bookshelf, pull down a book at random, flip to the copyright page and see where the book was born. Chances are, the book will have been published by an outfit in New York City or London. Especially when it comes to books that are seen to be important or defining — books that will be talked about — the big metropolises of the world are where the decisions get made.

But say you pick up a copy of Shane McCrae's National Book Award-shortlisted collection of poetry *In the Language of My Captor*, or the new collected poetry of the Martinican giant of post-colonial thought Aimé Césaire, translated into English for the first time. The birth certificate-copyright page tells you both of these publishing events of 2017 have their origins in little old Middletown. More specifically, both books were born in what from the exterior looks like a residential house, tucked away on a secluded street at the back of the Wesleyan campus.

Since its founding 60 years ago, Wesleyan University Press has been putting out some of the most important poetry of the 20th and 21st centuries. Its catalogue includes defining names of American verse. Pulitzer Prize winners, *New York Times* bestsellers, and National Book Award

WESLEYAN UNIVERSITY PRESS PUBLISHES INFLUENTIAL POETRY AND LITERATURE

Winners abound.

According to Jaclyn Wilson, the press' director of marketing, Editor-in-Chief Suzanna Tamminen is one of the best in the business when it comes to soliciting content. Tamminen is "not going to tell you that she is one of the very best poetry-acquisitions editors in the industry, but she is. She won't say that, but I'm going to say it. That's one of the reasons that we've had two National Book Award finalists in two years," Wilson says.

The prowess of the Wesleyan press within the world of poetry is exemplified in the new complete edition of Césaire's poetry. It is a book that just about any press would be happy to publish. When James Arnold, one of the translators of Césaire, approached Tamminen about putting out the English edition of the book, her first reaction was "oh my gosh," she says. According to Tamminen, one of the year's runaway successes is a chapbook (a small booklet) from Pulitzer Prize-winning poet Rae Armantrout called *Entanglements*, featuring poems about physics.

The press' pedigree in the world of poetry publishing is exemplified in its catalogue: it was among the first publishers of John Ashbery, and in the 1960s T.S. Eliot was a roving editor. (His signature in the Wesleyan University Press guestbook is among the most prized possessions in the office.)

In addition to being at the forefront of American poetry, Wesleyan University Press publishes a fascinating series on local history and culture, named Garnet Books after the state's official mineral.

We believe
that the possibilities
are endless.



Discover a lifestyle filled with choices and opportunities!

Wake up each day to new pursuits or favorite pastimes.

Spend time reading, painting or simply relaxing by our tranquil pond.

Our scenic 42-acre campus offers maintenance-free apartments, spacious patio homes and courtyard cottages.

**Call 1-877-766-9062
to schedule your
personal tour!**

**COVENANT
VILLAGE OF CROMWELL**
A Covenant Retirement Community

Covenant Retirement Communities is a
ministry of the Evangelical Covenant Church.

**52 Missionary Road
Cromwell, CT 06416**



Covenant Retirement Communities
does not discriminate pursuant to
the federal Fair Housing Act.
All faiths and beliefs are welcome.



From extinct local railroads, to the story of a vagabond drifter known as the Leather Man who roamed Connecticut in the late 19th century, to a book of photographs and essays on the distinctive traprock highlands of central Connecticut, the books tap into what is unique and distinctive about this place, with an attention to detail that sets it apart from other publishers.

Wesleyan University Press is also currently at work on the fourth edition of the *Best American Experimental Writing* anthology, lovingly referred to as BAX. You might think of it as the punk version of the *Best American Series* from Houghton-Mifflin that covers the territories of sports, travel, essays, and so on. "There's so much interesting work going on right now, creative work, that doesn't neatly fit into a genre," Tamminen says. "So the aim of the series is to really try to reflect that, and really give that work its own space and then also a space within which it can also be talking to other kinds of work."

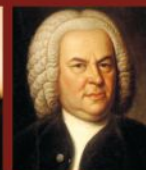
Publishing some 24 books a year, the press is the work of just a handful of people. Tamminen, Wilson and publicist Stephanie Elliott Prieto are the only full-time employees, though they are assisted by students at Wesleyan throughout the year.

wesleyan.edu/wespress

YALE INSTITUTE OF SACRED MUSIC PRESENTS

Bach Collegium Japan

Masaaki Suzuki, *conductor*



J.S. Bach: *Christmas Oratorio*

Monday, December 4 • 7:30 pm

Woolsey Hall
500 College St., New Haven

Free; no tickets required.
A free-will offering will
be accepted to benefit the
United Way of Greater
New Haven.

ism.yale.edu

Yale University is partnering with United Way of Greater New Haven and other organizations and local government to raise funds for critical supplies for families displaced by the tragic hurricane in Puerto Rico. All donations will go directly to the purchase of backpacks and school supplies, blankets and basic household items.



YALE CENTER FOR BRITISH ART MUSEUM SHOP

Moth & Butterfly Jewelry Collection

*A collaboration between the
Yale Center for British Art™ and Pico Design*

Corner of Chapel & High Sts.
britishart.yale.edu



MONDAY-SATURDAY 10 am-5 pm
SUNDAY noon-5 pm

1. In August the **Channel 3 Kids Camp** celebrated the 20th anniversary of its golf tournament at Mohegan Sun Golf Club in Baltic, raising more than \$105,000 to support overnight and day-camp programs for Connecticut boys and girls. From left, tournament coordinator Laura Soll, tournament chairman and WFSB general manager Klarn DePalma; Channel 3 Kids Camp CEO Denise K. Hornbecker; 2017 honorary chairman Tim Parker; Chief Lynn Malerba of the Mohegan Tribe; WFSB meteorologist Scot Haney; and Chairman Laurence J. Roberge of the Mohegan Tribe's Council of Elders. *(photo courtesy of Channel 3 Kids Camp)*



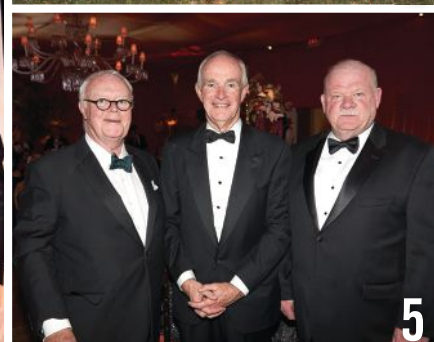
2. Singer/songwriter and Fairfield native John Mayer celebrated his father Richard's 90th birthday by establishing the **Richard Mayer Scholarship Fund** at Fairfield County's Community Foundation. The four-year scholarship will provide funds to a student pursuing the field of education. *(photo courtesy of John Mayer/Instagram)*



3. Celebrity chefs in attendance at the **Greenwich Wine + Food Festival** in September included, from left, Adam Richman (who earned his master's degree at the Yale School of Drama), Mary Giuliani, Mario Batali (partner in Tarry Lodge restaurants in New Haven and Westport), Alex Guarnaschelli and Waterbury native Scott Conant. The event, which benefitted several local charitable organizations, also featured more than 150 culinary vendors, food and cocktail demonstrations and live music by The Ian Murray Band and headliner Train. *(photo courtesy of 2017 Greenwich Wine + Food Festival — Sara Luckey)*



4. In October **The Legacy Foundation of Hartford** hosted an event with Angie Thomas, the author of *The New York Times* best-selling young-adult novel *The Hate U Give*, to discuss her book, race, society and how people can work toward a better understanding of one another. From left, panelists Lucy Nalpathanchil, host at WNPR Connecticut Public Radio, U.S. District Judge Vanessa L. Bryant and Angie Thomas. At right is the founder of The Legacy Foundation of Hartford, Greg Jones. *(photo by Lauren Allen Jones)*



5. From left, Board of Trustees Chairman Arthur Martinez, President's Award recipient Philip J. McWhorter, M.D., and Greenwich Hospital President and CEO Norman G. Roth at **Greenwich Hospital's GLOW gala** in October. McWhorter was honored for his 40-year career as a surgeon at the fundraiser, which raised over \$500,000 for oncology services. *(photo by Chi Chi Ubiña)*



6. In September the Palace Theatre in Stamford celebrated its 90th anniversary at the eighth annual **Spotlight Soirée Gala**, which raised \$300,000 to support the Palace Theatre and its education programs. Pictured, from left, are gala committee members Lisa Colangelo, Jami Sherwood, Robyn Whittingham, Sandy Goldstein, Lori Mercede, Laurie Cingari and Carol Fedele. *(photo by Happyhaha at Wahstudio)*

Attending a benefit gala, awards celebration, garden party, or any kind of public celebration? Send your photos along with a brief description of the occasion to steppingout@connecticutmag.com.



community

BY MICHAEL LEE-MURPHY

Q&A session: Student Makeeda Bandele-Asante (top left) and her fellow Hearing Youth Voices members had plenty of questions for New London school board candidates, including Karen Paul (bottom left).

Breaking Through

HEARING YOUTH VOICES GETTING ANSWERS, ACHIEVING CHANGE IN NEW LONDON'S SCHOOLS

Adults don't always have the answers. They can't simply apply the lessons of their own childhoods to those currently living with childhood's difficulties. Occasionally, youth have to make their voices heard, to correct the ignorance of the older generation. Recently, Shawn Brooks, a junior at the Science and Technology Magnet High School of Southeastern Connecticut in New London, had a teacher who said Black Lives Matter is a terrorist group. (It is not.)

The incident underscored why Brooks and his peers at Hearing Youth Voices — a youth-led group seeking positive change in New London's school system — felt it important to vet the candidates for New London's Board of Education on a night in late October, two weeks before the Nov. 7 election. For anyone familiar with the occasional drudgery of municipal politics, the event was extraordinary: incumbent and aspiring politicians having to account for their opinions and plans in a space and in a manner determined by those who will be most affected by those policies. This was not the dusty halls of some municipal building. This was a former tattoo parlor, where the youth had set up a speaker playing hip-hop off their phones, the tattoo flash still hanging on the wall. Of the 15 people running for a seat on the Board of Education, 11 candidates presented themselves for interrogation.

The evening began with a process known as "check in," in which the students and candidates alike went around in a circle, giving three bits of information: their names, a number based on how they were feeling, and a word to describe how they were feeling. Some candidates were "nervous." Students were correspondingly "ready" and "excited."

The students then split the candidates up and began interviewing them from a set of questions. Each interviewer was accompanied by a note taker — mostly students from nearby Connecticut College — as well as an audio-recording device, keeping the record of what was said.

The students' primary concerns are those having to do with their day-to-day lives: disciplinary policy, dress code and the hiring of teachers. As an adult it can be difficult to recall the extent to which school teachers govern your life, and the control they can exert. Brooks says the students in the school district are roughly 80 percent black and Latino, but its teachers are mostly white. Why

is that a problem? According to Brooks, a teacher "might not have that same background and might have a stereotypical view of the student that they're teaching." This is a polite way of explaining what the problem is when a teacher describes a social movement incredibly important to a large number of young people as a "terrorist group."

In addition to their interest in hiring practices, the student questioners at Hearing Youth Voices also want to know about curricular changes. They are concerned about what they will be taught, in addition to who will teach them. The flow of information was not one way. In addition to questions about school board policy, the youth told the candidates about their experiences with disciplinary policies, racism in the schools and the like. The first-hand accounts even provoked an apology from one of the candidates. According to Asaada Craig, a senior at the college-prep Williams School, this is precisely the point. The candidates, she says, are not there "to tell us what we're going to do, because that's not what this space is for. That's how we're treated in school."

While the session with the Board of Education candidates was the first event of its type for Hearing Youth Voices, the group has been doing this kind of work since about 2012. The organization started out as a research body, looking into the issues the youth of New London schools were invested in. Over time the mission evolved into one of advocacy and campaigning around issues such as discipline.

During the concluding "check out" session, students and candidates were asked to say something they learned from the session. Makeeda Bandele-Asante had a message for the candidates, a lesson that would extend beyond the evening's interviews. "A lot of our candidates are very progressive, and want to move forward. I noticed that a couple of our candidates are still, you know, still catching up." The group let out a laugh. "We got y'all," she told the political hopefuls.

hearingyouthvoices.com, facebook.com/hearingyouthvoices

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.



New Sheriff on the Sound

STATE NATIVE RETURNS TO CONNECTICUT TO TAKE UP MANTLE OF PROTECTOR OF LONG ISLAND SOUND

Bill Lucey has come full circle, and that's good news for those of us who care about the health and future of Long Island Sound.

Lucey, who spent his boyhood fishing on the Sound, digging for clams and roaming its beaches around his hometown of Wilton, has returned to Connecticut to be the new Long Island Soundkeeper.

Two years after the death of Terry Backer, who became the first Soundkeeper in 1987, Lucey is being introduced as "the new sheriff" patrolling the Sound. Save the Sound/Connecticut Fund for the Environment leaders this past summer reinstituted the Soundkeeper position, a kind of ambassador for the body of water.

Lucey was eager to move back to Connecticut, which he left 30 years ago. At that time he was discouraged by what he recalls as the "bad" state of the Sound.

He says it's "my responsibility to come back" and join citizens' ongoing efforts that have steadily improved this unique estuary.

During a talk at the New Haven Museum as part of that institution's expanding community programming, Lucey wore a T-shirt with a message on the back: "Clean Water Guardian."

Lucey often compares the Sound's water quality to that of other bodies of water in the much less-densely populated areas where he lived over the past three decades. After spending some time in Vermont, he went to Guatemala for the Peace Corps, then it was on to Hawaii, where he helped write and pass an invasive species bill. He also lived and fished in Alaska.

He was amazed by how clean the water was in that "last frontier" state. "In Alaska I would eat 5-10 pounds of seafood a week!" he recalls. "Salmon, crabs, shrimp, mussels — it was all clean."

"Here in Connecticut, we have some work to do," he says. "I eat fish out of the Sound, whether I should or not. This should be something we all can do without worrying about how clean the fish is. In 2017 we shouldn't have to worry about that."

Asked to describe the lobster situation in the Sound, Lucey says: "Terrible. There are very few now. Only a few guys are out there fishing for lobster."

He notes the standard theory for what befell the lobsters is the Sound's water simply got too warm. Lucey lists other theories such as the water becoming more acidic and carbon dioxide emissions from cars affecting water quality.

And yet Lucey is generally upbeat about the Sound's progress, especially compared with its state during the 1980s. "Things got turned around. We are definitely pushing back from the brink."

Lucey often carries with him the Long Island Sound 2016 "report card" done by Save the Sound. It states: "The primary pollutant that threatens the current and future health of the Sound is excess nutrients, particularly nitrogen, entering the water from our wastewater treatment plants, septic systems, fossil fuel burning and fertilizer use. High nitrogen loads can overfertilize coastal water, causing the growth of excess seaweed and phytoplankton."

But the "report card" adds that, over the past decade, communities around the Sound have made substantial investments that improved wastewater plants. Dissolved oxygen levels have generally gotten better. In addition, Lucey cites an achieved target for nitrogen reduction, established in 1992, with the goal of reducing total maximum daily loads of nitrogen into the Sound by 58.5 percent. Last year, after the upgrading of more than 100



U.S. Rep. Rosa DeLauro, left, chats with new Soundkeeper Bill Lucey at a ceremony which both introduced him and christened his new boat at Brewer Marina in Stratford. BRIAN A. POUNDS

sewage treatment plants in Connecticut and New York, this goal was reached. "That's a good-news story," Lucey says.

Another sign of progress: Lucey notes occasional sightings of humpback whales. But we shouldn't think we can relax in monitoring our Sound. "Sewage pollution closes beaches," Lucey points out. "It happens all the time, though it's not as bad as in the '90s."

He lists his group's three goals: "Reduce the amount of nitrogen entering the Sound; eliminate fecal contamination; engage people as citizen activists."

How can people help? Lucey shows the audience at the New Haven Museum a photo of a brilliantly green lawn next to a storm drain that leads to the Sound. "Don't throw nitrogen fertilizer on your yard," he tells us, noting organic fertilizers are available. Chemical fertilizers run off lawns quickly during rainstorms and into those drains.

"There's no need to fertilize a lawn," Lucey says. "Maybe if you've got a golf course..."

He notes pesticides also should be kept off lawns.

During the fall, Lucey advises homeowners to mulch their leaves in place on lawns rather than raking and removing them. This returns the nutrients in the leaves back to the soil. If you remove the leaves, you lose those nutrients to feed your lawn and you might be tempted to instead use fertilizers.

Save the Sound recommends that property owners "go native," placing natural vegetation and forested buffers — not a lawn — alongside a stream, ditch or waterfront, to help filter out pollutants.

During his patrols, Lucey focuses on finding, reporting and fixing water-quality problems. He urges the rest of us to do the same, either on the Sound itself or in waterways flowing into it. You can report a problem by calling 203-854-5330 or emailing pollution@savethesound.org.

Now that he's back in Connecticut, Lucey is enjoying his freedom to relive his childhood experiences along the Sound with his 4-year-old son, Henry.

"We catch snappers and blues or just go beachcombing. Henry loves chasing fiddler crabs."

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.

Celebrate the Season at Saybrook Point Inn



SAYBROOK
POINT
INN • MARINA • SPA

Sanno

Fresh Salt

Sanno Spa | Fresh Salt Dining | Sunday Brunch | Holiday Dinners | New Year's Eve Gala

2 Bridge Street, Old Saybrook, CT 06475 | SAYBROOK.COM | (860)395-2000

RING IN THE NEW

If you've never been out on the streets for New Year's Eve, you've gotta try it. It's cold out, but everyone is bundled and warmed by the fact that we're all together, celebrating each other as much as the coming of a new year. Hartford's First Night event brings together some 19 venues across downtown, many of them packed with local artists. Hit the ice rink in

Bushnell Park for the greatest of winter activities: nighttime skating. Check the website for specific information as the date gets closer. It's family-friendly and alcohol-free fun.

FIRST NIGHT

DEC. 31 | HARTFORD

firstnighthartford.org





BOB LUCKEY JR.

▲ HOLIDAY TRIO

The holiday season is jam-packed with themed events around the state. Here are our picks for what to do to get festive. In New Haven, check out the **J.S. Bach Christmas Oratorio** at Woolsey Hall on Dec. 4 at 7 p.m. Admission is free. At St. John's Church in Waterbury on Dec. 10 at 4 p.m., the **Waterbury Chorale** will be having its annual Christmas concert. Tickets are \$25-\$30. In Greenwich on Dec. 2-3, the annual **Holiday Stroll** (shown above) will feature 129 participating merchants, plus live animals!

GET YOUR WINGS

If the holiday season's capitalism has you down, take some solace in the struggle of George Bailey over evil Mr. Potter, where the Ivoryton Playhouse's production of *It's a Wonderful Life: A Live Radio Play* will be good for what ails you. Based on the film, the live radio play has been a fixture on the Connecticut theater scene for years and runs Dec. 7-17. Tickets: \$35 adults, \$32 seniors, \$20 students, \$15 children. For those in the Hartford area, the show will also be performed at the Mark Twain House & Museum at 2 and 7 p.m. on Dec. 9. Tickets are \$12 for adults, \$8 for children. ivorytonplayhouse.org, marktwainhouse.org



PPART/ISTOCK/THINKSTOCK

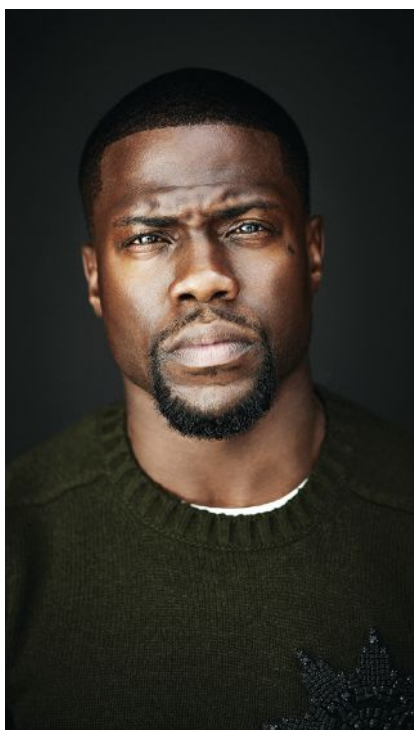
See December 2017 calendar listings at
connecticutmag.com/calendar

CHRISTMAS LIGHT

Connecticut's oldest house — and the oldest stone house in New England — is the Henry Whitfield Museum in Guilford. Built only 19 years after the Puritans landed at Plymouth, the museum is a state treasure. Every year, it hosts the Dec. 1 **Firelight Festival** to get people ready for Christmas. There will be a reading of *The Night Before Christmas* in one of the most atmospheric settings imaginable. Admission: \$8 adults, \$6 seniors, \$5 children, 6 and under free. visitguilfordct.com/event/firelight-festival

▲ HART'S ON FIRE

Kevin Hart has to be one of the most famous stand-up comedians working today. His observational comedy attracts a wide assortment of fans to his shows, and with a new Kevin Hart movie coming out seemingly every month, his star shows no signs of burning out. He brings his raucous act to the arena at Mohegan Sun on Dec. 30. Tickets start at \$79. mohegansun.com



Jim Breuer came to prominence in the 1990s through his appearances on *Saturday Night Live* and a memorable role in stoner comedy *Half Baked* alongside fellow comedian Dave Chappelle. These days he's playing a priest on the CBS sitcom *Kevin Can Wait*. His bread and butter, though, is as a stand-up comic, he says. The diehard New York Mets fan brings his act to Foxwoods Resort Casino on Dec. 2.

You're a Foxwoods veteran at this point.

I think this is my fifth year in a row. I love it. I like the restaurants there. I'm not a gambler, but the audience is electric. It's a great theater. It's one of my favorite venues.

How many shows are you doing a year?

Probably about 150, maybe more. It definitely gets tiring. I'm at the point where I'm ready to film a new hour [for a television stand-up special], and I'd like to see where that would go. And then start working on the next hour. I have a very, very tight, crushing one-hour right now. When I'm in that zone I really love putting it out there. So long as I still

have passion, which I do, I can see myself doing this forever. I'm not a TV guy, I'm not a movie guy, I'm a stand-up comedian. It's always been my foundation. I've been lucky to get off with an *SNL*, or a role on a sitcom or a film. But this has always been my drive. So, I still have the passion. And does it get tiring? Yeah. But as soon as it gets tiring, I pull back. I pull back and I know it's time to take a rest for a little while.

Do you do a whole new set every tour?

The last five years at Foxwoods, they've seen five different hours. I know my fans keep coming back to see me. When people come to see me, they're not going, "Oh, well, you know, we got to see him." They're going, "I can't wait until he's back." I think one of the reasons they keep seeing me, they go, "Every time I see you, you've got different stuff and it kills just as hard." It's like a product. I'll give them a little old stuff at the end if they really want it.

Besides that, I take a lot of pride and passion in constantly putting out a new product.

How long does it take to develop a new hour?

I would say a year. I'll take one premise and start working on it. My opening routine I do right now, usually I go out and I improv for about 10 minutes, and then after that I jump in the set. The opening piece I do right now is probably a 10- to 12- to 15-minute piece. It started out six months ago as a three-minute bit. I milk it, and I hit it from every angle. I stretch it out. So it takes time working it out. I don't go to [comedy] clubs. I work it out on the road. So I keep my better stuff around and then I start really pouncing on these new premises. I have three children. I'm married. I'm a big-time family guy. I don't have the time to be running into New York City every night to work on a five-, 10-minute bit. Now if it's a comedy club tour, that's a whole different thing. A lot of times I'll do comedy club tours and I'll do four or five shows in two days. And then I've got a lot of time to work stuff out, and I don't feel as guilty working stuff out. When it's theaters and it's Foxwoods, I hit 'em with the A+.

You've lost a lot of family over the last few years. Has it affected your routine?

All of it has made it in. I talk about death. I hit on emotions, I hit on mortality, I hit on where I'm at mentally at the age of 50, and what I used to look at life as, versus how I look at it now. I hit all that stuff. My motto's always been find the funny to heal everything. You lose your dad, you lose your mom, you lose your sister, your brother. You find the healing point that everyone can relate to.

Where do you find that healing point?

I don't know. I'd like to say it comes naturally? My daughter has it, my middle daughter. You either go for the sob-cry sorrow, or you go for that big laugh to heal the moment. My dad passed away in my arms, and maybe 10 minutes later, we were belly-laughing. You take that awkward moment and you find it and you go for it.

| MICHAEL LEE-MURPHY |

JIM BREUER

DEC. 4 | 8 P.M.

**FOXWOODS RESORT CASINO
MASHANTUCKET**

Tickets: \$33.50-\$63.50

800-369-9663, foxwoods.com

Have You Heard?

CONNECTICUT-BASED PODCASTS OFFER A WIDE VARIETY OF ENTERTAINING, INFORMATIVE PROGRAMS

BY MICHAEL LEE-MURPHY

In an industry as famously mercurial and fast changing as the media world, one of the true growth areas over the last several years has been podcasts. From true-crime storytelling sensations including *This American Life* spinoffs *Serial* and *S-Town* to arts-and-culture talk fests such as those on offer from Slate, podcasts tap into that addictive part of our brains. Connecticut has its own offerings, too. The podcast format is wide open, and there are plenty of different takes on the genre. To listen, go online to the sites listed below or connect to your preferred streaming service such as Apple, Google Play and Spotify.

WELCOME TO CONNECTICUT

Ken Tuccio's single interview-based podcast has done so well that Ken now does a morning show on 95.9 FM in Fairfield County, and also does segments on television for News 8. And through the 175-plus episodes of *Welcome to Connecticut*, he has attracted a range of interesting guests from the worlds of food and entertainment. Tuccio is a good interviewer, and his long-format interviews get to the heart of the matter with guests, who are mostly nutmeggers with a few celebrities mixed in.

welcomect.com

THE SECOND FIRST SEASON

While Connecticut's public radio station (WNPR) produces some of the best live radio content in the state, its podcast game is pretty strong, too. Even though the series on the Hartford Yard Goats minor league baseball team concluded after eight episodes, it's still very much worth listening to reporter/producer Jonathan McNicol taking us through the collection of odd characters and stories that surround the team. The concept, of course, is that the Double-A Hartford Yard Goats have been in existence for two seasons, but the first season — a malaise of cost overruns, lawsuits and the like — prevented the Yard Goats from playing any home games.

wnpr.org/programs/second-first-season

NEXT

Hosted by longtime WNPR news director John Dankosky, *NEXT* is the flagship program from the New England News

Collaborative, which brings together reporters from eight (!) radio stations across New England. The show has a good mixture of hard news, arts and culture, and human interest stories. The best thing about the show is that in our famously sequestered and parochial region of the United States, *NEXT* encourages us to look at the six New England states as interconnected, focusing on the stories that bind us.

nenc.news/next

GRATING THE NUTMEG

This one is for the history nerds. Put together by *Connecticut Explored* magazine and the office of the state historian, *Grating the Nutmeg* does a deep dive into the weird, wacky, wonderful and wicked bits and pieces of the state's past. Recent episodes include a look into the history of witches, a strike among Hartford's beer brewers, and a reflection on the generation gap that straddles the events of 9/11.

gratingthenutmeg.libsyn.com

BREAKING BREAD WITH BENN GRIM

This entry will give you a true sense of the breadth of the podcast format. Hosted by rapper and foodie Benn Grim, the interviews are often profane and vulgar, and hilarious. Grim's guests come primarily from three worlds: Connecticut's food, hip-hop and hardcore music scenes. Curious how they fit together? Tune in. (Fair warning: Not suitable for listening with the kids in the car, or if you have sensitive ears.)

breakingbread.libsyn.com/website

DATeline NEW HAVEN

If you're a New Haven resident or interested in the politics of the city, the daily *Dateline New Haven* show on WNH-FM Community Radio (available as a podcast) is required listening. On Fridays, *New Haven Independent* editor Paul Bass plays host to a collection of intelligent, funny and insightful pundits to discuss the highways and byways of New Haven political, social and cultural life. There's a cliché about "telling it like it is."

These ones really do.

soundcloud.com/new-haven-independent/sets/dateline-new-haven-season-2-0





THIS HOLIDAY
SEASON...

Give the Gift of the Garde

Friday, December 15, 2017 | 8:00 pm

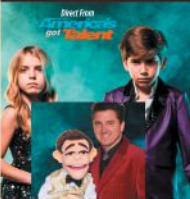


**MELISSA
ETHERIDGE**

MERRY CHRISTMAS, BABY

Co-Sponsored by: Liberty Bank

Thursday, February 8, 2018 | 7:00 pm



**KADAN BART
ROCKETT &
BROOKLYN**

plus the Magic & Ventriloquism
of Bart Rockett

Co-Sponsored by: Olde Mistick Village & Charter Oak Federal Credit Union

Thursday, February 15, 2018 | 7:30 pm



**TAPE
FACE**

Friday, March 2, 2018 | 8:00 pm



AN EVENING WITH
**ANDREW
BIRD**

Friday, March 16, 2018 | 7:30 pm



**POPOVICH
COMEDY PET
THEATER**

Saturday, April 14, 2018 | 8:00 pm



AN EVENING WITH
**DAVID
SEDARIS**

Co-Sponsored by: D2 Media Solutions

860.444.7373 Ext. 1 | 325 State St. | New London, CT | www.gardearts.org

ALL THINGS **BASEMENTY!**



After

- » **BASEMENT WATERPROOFING**
- » **BASEMENT FINISHING**
- » **BASEMENT STRUCTURAL REPAIRS**
- » **HUMIDITY & MOLD CONTROL**
- » **& NASTY CRAWL SPACES, TOO!**



Before



HIC. 0526823

\$500 OFF

Any Full Perimeter Waterproofing
System with Sump Pump

Cannot be combined with any other offer. Not valid for
prior work, must be presented and redeemed at time of
estimate. Expires 1/31/18

Larry Janesky's
**Connecticut Basement
Systems**
SINCE 1987
From Waterproofing to Finishing!

CALL TODAY FOR A
FREE ESTIMATE

866-853-2007
CTMagHomeSolutions.com



Meet the New Scrooge

SUCCEEDING BILL RAYMOND, VAUDEVILLIAN MICHAEL PRESTON BRINGS DARKNESS, COMEDY TO ICONIC ROLE

BY FRANK RIZZO

After nearly two decades, Hartford Stage's holiday perennial *A Christmas Carol: A Ghost Story of Christmas* is getting a new Ebenezer Scrooge.

Michael Preston, who has been playing the role of Mr. Marvel for the last five years, is succeeding Bill Raymond in the lead role in Michael Wilson's stage version of the Charles Dickens classic. The new production plays Nov. 24 to Dec. 30.

"When I was a young actor in New York I wanted to be the kind of actor that Bill Raymond was, who was then performing in Mabou Mines [the avant garde theatre company]," Preston says over coffee recently in Hartford. "Then I went off to circus land."

Preston is referring to his years from 1991 to 2000 with The Flying Karamazov Brothers, the vaudeville troupe of comedy, juggling and cirque skills that played internationally, including Broadway.

Preston's hope of working with Raymond on stage came about when Preston became associate professor of dance and theater at Trinity College and he joined the *Christmas Carol* cast.

"He was funny, really funny," Preston says of Raymond, who ended his 17-year run as Scrooge last year. "That physical training and sense of physical comedy is something that we share."

Preston shares his thoughts on the classic character, how the play relates to modern times, and if he'll find a way to work in his juggling skills.

And what will *your* Scrooge be like?

It's not Hamlet, and yet it's a profound role for actors who play it. I think I'll bring a certain darkness and a mischievousness,



Michael Preston

even a meanness at times. But there are some highly comic moments, too. I never found those extremes to be against each other. With Bill [Raymond] you always wanted Scrooge to learn something. For me, it's also giving the audience the feeling that I might learn — but also that I might not.

At a lean six feet, you're a taller Scrooge.

I'm different physically from Bill and that comes with a different energy. I also want to be a little terrifying. What will

be interesting to see is how all the relationships that we've come to know will find with all those other players — with actors like Alan [Rust, who plays the Ghost of Christmas Present] and Bob [Davis, as Bob Cratchit].

I'm thinking about his physical journey as I start to go into rehearsals. I think Scrooge is literally physically shut down until he receives



BROWN | Pre-College

Experience College This Summer

Students in Grades 7-12 Prepare for College Success with:

- Challenging Ivy League Academics
- The Independence of College Life
- Exceptional Students from Around the World

300+ Credit and Non-Credit Course Options

Online Courses

Liberal and Creative Arts

Location-Based Programs

Leadership

STEM Programs

Also Available:
Sports Camps



BROWN
Pre-College Programs

www.brown.edu/precollege



Michael Preston as Mr. Marvel, the part he had for the last few years in *A Christmas Carol*.

that joyful freedom at the end when he actually senses his body again and his body is liberated and he's going around touching people all over the place.

Do you have real-life models for Scrooge?

For some reason I've been looking at Sid Caesar [television star and king of comedy in the '50s].

And as far as the look? Does the goatee stay or go?

I'm a little fearful of cutting it off but now I'm thinking about letting it grow longer, so it's a little wild and out of control. That might be a nice touch. I also sweat a huge amount, so wigs

are problematic for me — but we'll see.

Any juggling?

I have to remind Rachel [Alderman, director of the production] to leave lots of props around for me to play with. There might be a moment when it will work.

Do you have a favorite Scrooge — Bill Raymond excluded?

Probably Alastair Sim [in the 1951 film version]. I was watching him again the other day and he's very human, very hurt. Even in the beginning when he's telling people off, he's obviously so deeply unhappy and damaged in

the ways he's been brought up and treated. I just find him very sympathetic.

I couldn't have cared less about George Scott's [TV] version. I would have been happy if Marley just took him away.

And Mr. Magoo's 1962 animated special?

I love Mr. Magoo but I don't think I ever saw that version.

Does the show have special relevance now?

Without naming names, I think it totally speaks to our times with the ideas of redemption and of having somebody finally recognize what's really going on and who finds a generous spirit, it's even more powerful now.

At 59, will your Scrooge be different than if you played it when you were younger?

Yes, it's not the same. I had a heart attack five years ago. So now I can contemplate these mortal issues — and finding at the end of it is a choice toward total life. There's nothing better than being on stage for that ending with his realization of utter joy.

Knowing it's a marathon performance, do you have to prepare like an athlete?

I'm fairly healthy these days. I can't stand running but I'm walking a lot and trying to get my stamina built up with this epic role in mind.

Is there a Scrooge workout program?

Bah humbug.

hartfordstage.com

Holiday

GIFT CARD

EXCLUSIVE!

Purchase a Single Gift Card of \$250 to \$499 and
RECEIVE A \$25 HOLIDAY VOUCHER*

or

Purchase a Single Gift Card for \$500 or More and
RECEIVE A CERTIFICATE FOR AN OVERNIGHT STAY FOR TWO**

Call 1-800-275-4772 & Make this Holiday a SPAliday!

The Spa at
Norwich Inn
30TH ANNIVERSARY
TheSpaAtNorwichInn.com

The **Norwich Spa**
AT FOXWOODS
Foxwoods.com



Purchase by phone, online or in person 11/1/17-12/24/17. Gift cards purchased during this promotion are valid beginning 12/26/17. Vouchers/Certificates are valid 1/2/18-4/30/18. *Voucher redeemable at The Spa at Norwich Inn or The Norwich Spa at Foxwoods. **Overnight Stay for Two is valid Monday-Thursday at The Spa at Norwich Inn only. Maximum one room night redemption per visit. Additional conditions apply. Please call for details.





A Gleeful Holiday

Tim Davis, Jane Lynch and Kate Flannery perform in *Jane Lynch: A Swingin' Little Christmas*.

Jane Lynch loves Christmas. Despite her image as snarky gym teacher Sue Sylvester, a role she played for six seasons in the hit TV series *Glee*, the actress says it's the music that makes her reconnect to the holiday seasons of her youth.

"Christmas was a big deal for me growing up as a kid [in the suburbs of Chicago],"

says the Emmy and Golden Globe winner, who also hosts NBC's *Hollywood Game Night*. "We always started playing the music right after Thanksgiving."

That's why she jumped at the opportunity to put together a holiday show with music. The touring show *Jane Lynch: A Swingin' Little Christmas* will play the Ridgefield

Playhouse on Dec. 2. It was a natural since she and her musician pals last year put out a popular jazz-infused holiday album, which is available on iTunes and Amazon.

The show, which includes **Kate Flannery** of TV's *The Office*, singer and *Glee* vocal arranger **Tim Davis**, and **The Tony Guerrero Quintet**, features some new holiday tunes but also takes some of the classics and adds the upbeat orchestrations of the sizzling band, she says. "It's festive, fun and playful. It's real old-school jazz with the three-part harmonies."

The tour ends the week before Christmas and then it's back to her extended family in Illinois. "Nobody does Christmas like Chicago." (She confesses she only opens one present on Christmas Eve. "The rest wait till the morning.")

And what does she want for Christmas? "Nothing! I need nothing. And neither do you," she says, laughing. "I just want everybody to be happy and for all of us to be one again. Let there be peace on Earth. Really."

ridgefieldplayhouse.org



COLOR HIM PURPLE

There are some shows that are fun to perform in and give an actor just starting out a chance to shine in escapist entertainment. And then there are those shows that mean so much more.

The latter is the case for the Ledyard-raised **Kyle Baird**, who is part of the ensemble for the tour of the musical *The Color Purple*, which comes to The Bushnell in Hartford Dec. 5-10.

"I saw one of my first musicals at the Bushnell," Baird says during a break in rehearsals. "I saw *Ain't Misbehavin'* in the '90s and I remember taking pictures with the cast after the show with one of those disposable cameras."

Baird, who was also in Goodspeed's *Show Boat*, says now being part of the acclaimed **John Doyle**-directed revival is a special experience for him. "I am both honored and humbled," says Baird, whose professional role models include Brian Stokes Mitchell (a TV, film and stage veteran with a commanding baritone) and Denzel Washington. ("Denzel's essence is so regal," he says. "He sits there like a king.")

"John Doyle's work is perceived as minimalism because of his work staging shows like the *Company* and *Sweeney Todd* revivals, but it's much more than that," says Baird, who plays two characters, Buster and Bobby, in the Bushnell show. "John's version of the story [based on Alice Walker's novel] is clearer and cleaner because every moment is about Celie's journey," he says, referring to the show's heroine.

"Yes, it's from the standpoint of a downtrodden black female from the South, but it represents everyone's struggle and that's been an interesting takeaway from this. Celie's journey is everybody's journey."

bushnell.org



Kyle Baird



Holiday Gifts

Irish Aran Knits

Silver & Gold Jewelry

Holiday Candy, Food

Woolen Accessories

Men, Women, Baby

Home Decor & More!



Spreading cheer to ewe this season!

Clip ad for 20% off of one item

Expires 12/31/2017. Cannot be combined with any other offer.



2371 Whitney Ave, Hamden
(203) 507-2160

Monday - Saturday: 10a-5p Sunday: 10a-3p
www.luckyeweirishgoods.com



season of style
SAVINGS EVENT

Wrap up your holiday décor now and save.

\$100 REBATE*

ON QUALIFYING PURCHASES OF HUNTER DOUGLAS WINDOW FASHIONS

Make sure your home is holiday ready by ordering beautiful new Hunter Douglas window fashions today. Rebate savings are available on select styles, 9/16/17 through 12/11/17. Ask for details.



Close To Home
Sewing Center • Window Treatments • Vacuums
We do shade repairs!
www.closetohomegallery.com



CONNECTICUT
SHADE & BLIND



Hunter Douglas
Gallery

196 Boston Post Rd
Orange
203-878-1654

277 Hebron Ave
Glastonbury
860-633-0721

995 Queen St
Southington
860-793-4980

*Manufacturer's mail-in rebate offer valid for qualifying purchases made 9/16/17—12/11/17 from participating dealers in the U.S. only. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 6 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. ©2017 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners. 17Q4MAGVIGC1

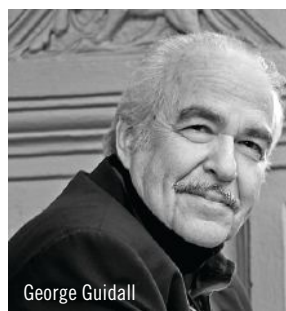
THE SOUND OF SUCCESS

The Chosen, a coming-of-age story set in the 1940s, is now playing at New Haven's Long Wharf Theatre through Dec. 17. Adapted by **Aaron Posner** and **Chaim Potok** from the novel by Potok, the show centers on two young friends from rival yeshivas — both with demanding fathers — who learn to question their place in a fast-changing world.

I asked one of the show's stars, **George Guidall**, what makes an actor right to narrate audiobooks. Guidall should know. After all, his voice is the one you

hear on more than 1,300 audiobooks. His narrations of classics such as *Crime and Punishment*, *Frankenstein*, *The Iliad*, *Don Quixote* and *Les Miserables*, along with many popular best-sellers, have set a standard for excellence recognized throughout the audiobook industry, winning three "Audies" for best audiobook narrations.

"Not every actor is cut out for narrating



George Guidall

a book," says Guidall, 79. "There are some fine actors who come to the mike and somehow don't grasp the art of talking to somebody as much as they understand performing for people. There is no secret to it, other than to say it's not just reading out loud."

And the appeal of audiobooks?

"There's a primal need to be told a story," he says. "We are really wired for this, even before we knew how to read. It's akin to people in a cave listening to a caveman telling of a hunt when they forgot about their troubles. You transport people in the telling to some other imagined world. I guess I'm a literary hermit crab, finding a home in someone else's imagined truths."

His most challenging assignment? "*Don Quixote*," he says, which was also one of his favorite books to narrate.

And no, his golden throat is not insured, he says with a laugh. "It would be so phenomenally expensive," he says. "I've been blessed with a steady instrument that has gotten deeper and a bit more gravelly as the years go on. But I do have a lot of cough drops."

longwharf.org

Holiday Shopping with Alpacas!

Join us at our

Holiday Farm Tour

Sat., Nov. 25 & Sun., Nov. 26 10-4pm

Sat., Dec. 2 & Sun., Dec. 3 10-4pm

Store Open By Appointment Until Christmas

Unique Alpaca Products & Yarn Available

Southwind Farms

Watertown, CT • 860-274-9001 • southwindfarms.com



or call for a
Farm Tour

KATHARINE HEPBURN CULTURAL ARTS CENTER

the live at kate®

old saybrook

Give the gift of live performance this Holiday Season!

Gift Certificate

To: You

From: Santa

Valid for any performance at the Kate

2 Shows

HOLIDAY MAGIC

Dec 2
The Drifters
Holiday Magic

3 Shows

Dec 3
Elisabeth von Trapp
An Evening of Holiday
& Hits with Judy Collins

2 Shows

BOSTON COMEDY FESTIVAL

Dec 29 & 30
The Best of the Boston
Comedy Festival

Upcoming: Samantha Fish 12/15, John Sebastian 1/6, Sierra Hull 1/31, Bettye LaVette 2/10, Groovin' w/ Gene Cornish of the Rascals 2/28

HAVE YOU HEARD...?

... that **Eric Ulloa's** *26 Pebbles*, based on the interviews he did with members of the Newtown community following the shooting tragedy there, is now in print through Samuel French publishers. Several productions of his work played at theaters this year. Dec. 14 will mark the fifth anniversary of that terrible day.

... that **Christopher Shinn**, who grew up in Wethersfield, also is recently published, with two new books of his plays just out. There's the release of his latest

play *Against*, which opened in London in August starring **Ben Whishaw**. The script is published by Bloomsbury Publishing. Then there's his latest collection, *Plays: 2*, from Methuen Books,

which includes *On The Mountain* (which premiered at South Coast Repertory in Costa Mesa, California, in 2005), *Now Or Later* (which premiered at the Royal Court in London in 2008), *Picked* (which premiered at off-Broadway's Vineyard Theatre in New York in 2011) and the Hartford-set play which launched his career 20 years ago, *Four* (which premiered at the Royal Court in 1998). The anthology also features an introduction by Shinn.

... that another Wethersfield playwright is in the news. Earlier this fall, **Matthew Lombardo** won his court case against Dr. Seuss Enterprises. A federal judge ruled that his play *Who's Holiday?* is indeed a parody and can proceed without infringing on the rights of the estate of **Theodor Seuss Geisel**, better known as Dr. Seuss. The show — which originated as a 10-minute sketch as part of Hartford TheaterWorks' holiday anthology *Christmas on the Rocks* — has been expanded to a 75-minute show and is now playing off-Broadway.

... that TheaterWorks' holiday perennial *Christmas on the Rocks* might be missing Lombardo's shortie but it has added a new piece to the run this season. *A Miserable Life* by Jacques Lamarre will be part of the theatrical anthology, which plays Nov. 28 to Dec. 23.

Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.

MARIA BARANOVA



Christopher Shinn

SHARE THE HOLIDAY SPIRIT

VOTED #1

in estate and antique jewelry



Peter Suchy Jewelers
Estate and Antique Jewelry

1137 HIGH RIDGE ROAD | STAMFORD, CT
203.327.0024 | WWW.PETERSUCHYJEWELERS.COM

Istdibs. ebay



Better Living

At Maplewood Senior Living, our residents are our top priority. With two distinct levels of memory care, 24/7 on-site licensed nurses, fresh, farm-to-table fare and social engagement opportunities, our assisted living and memory care communities cater to your unique lifestyle.

Schedule a welcome visit today and discover for yourself why so many choose Maplewood Senior Living.



MAPLEWOOD
senior living

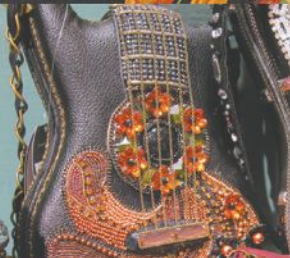
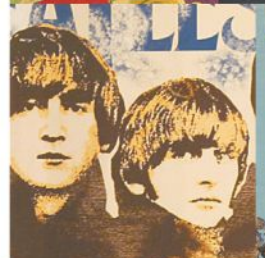
203.557.4777

MaplewoodSeniorLiving.com

Locations in Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, and Southport (Summer 2018)



IT TAKES A
VILLAGE
SELECTION
GIFTS
SHOPPING
STYLE
EXPERIENCE
EVENTS
PERSONALITY
FOOD



47 Shops • 6 Eateries • Cinemas • Family-Fun Activities • Personal Customer Service

Open
Year Round
Seven Days
a Week



Olde Mistick Village
Always In Season.

27 Coogan Blvd., Exit 90 off I-95 • Route 27, Mystic, CT
www.OldeMistickVillage.com • 860.536.4941

Standard Hours:
Mon. - Sat.
10 - 6
Sun. 11 - 6
Extended Hours:
Summer &
Holiday Season

Mystic Country: 'Tis the Season

By Michelle Bodak Acri

Merry Christmas, Kate

The **Katharine Hepburn Cultural Arts Center** in Old Saybrook (860-510-0473 or thekate.org), aka "The Kate," is most certainly ready. Up for consideration: All-Ireland accordion champion John Whelan, American Roots band Low Lily and Scottish-style fiddler Katie McNally on Nov. 30 for a holiday mini-fest featuring traditional and original music from Ireland, Scotland and the U.S. None other than The Drifters, one of rock 'n' roll's founding vocal groups, brings *The Holiday Magic* on Dec. 2. Elisabeth von Trapp, granddaughter of Maria and Baron von Trapp, whose story inspired *The Sound of Music*, shares favorite Christmas carols, stories and holiday songs on Dec. 3. The Connecticut Gay Men's Chorus presents *Twinkle: A Celestial Celebration* on Dec. 10. The Old Lyme Town Band plays selections for the season on Dec. 14. The Charles Dickens classic *A Christmas Carol*, recommended for children in grades 1-7, is Dec. 16. Cappella Cantorum MasterWorks Chorus presents *Handel's Messiah Sing or Listen* on Dec. 17. *The Bolshoi in HD: The Nutcracker* is on the Kate's big screen on Dec. 19, and the luminescent Judy Collins brings two shows of holidays and hits on Dec. 22-23.

Outlet bound

So you're a bit behind on your holiday shopping ... no worries. **Tanger Outlets at Foxwoods**, the country's first Tanger Outlets collection of premium brands all under one roof, has got you covered — and then some. We're talking some 80 world-class brands including Michael Kors, Kate Spade New York, Brooks Brothers, Nike, UGG, Vineyard Vines and more. In fact, for every \$100 you spend daily at Tanger Outlets at Foxwoods through Dec. 21, you get a \$10 gift card to Guy Fieri's Foxwoods Kitchen + Bar and an entry to win a Tanger gift card worth up to \$5,000. (Present receipts at Tanger Shopper Services or any Foxwoods Rewards location to redeem.) Better yet, the Tanger Shopping Package includes an overnight at the Grand Pequot Tower or the Fox Tower and a \$50 Tanger gift card per person. While there, take in a show. Foxwoods is wrapping up its 25th-anniversary year with some winners: Marc Anthony on Dec. 1, Ireland's Celtic Thunder: Symphony Tour on Dec. 2, a Mannheim Steamroller Christmas by Chip Davis on Dec. 3, Jerry Seinfeld on Dec. 9 and John Oliver on Dec. 29-30.



TAKAO KOMARU

Oh, Christmas tree

Miss Florence's Artist Tree is the centerpiece of the **Florence Griswold Museum's** (860-434-5542 or florencegriswoldmuseum.org) month-long Magic of Christmas celebration. Nearly 200 artists from across the country created individualized pieces for this Mystic Country tradition by transforming small wooden pallets into traditional holiday scenes, landscapes and more. Another December must: Call to reserve your place at one of the museum's popular Christmastime Teas for delectable scones with clotted cream, savory sandwiches and seasonal sweets served on an eclectic assortment of china, along with a spot of Miss Florence's Tea, a blend of Ceylon and China black teas created for the museum by Sundial Gardens in Higganum.

Haul out the holly ...

Merry Christmas Darling: Carpenters' Christmas kicks off the celebrations at **Mohegan Sun** (888-226-7711 or mohegansun.com) in the Wolf Den on Dec. 3. A Mohegan Sun Holiday Marvels classic, *Albano's Nutcracker* in the Cabaret Theater Dec. 8-10 includes a live orchestra and chorale, not to mention lavish costumes, a cast of more than 100 dancers and an astounding 35-foot glowing LED Christmas tree. *A Pentatonix Christmas Tour* takes over Mohegan Sun Arena on Dec. 9-10, while

Albano's Nutcracker comes to Mohegan Sun's Cabaret Theater Dec. 8-10.

everyone is invited to the Sun's Big Little Holiday Party at the Convention Center and Uncas Ballroom on Dec. 15-16. *96.5 TIC All Star Christmas* with the Backstreet Boys, Fergie and Max is at the arena on Dec. 16. *Ronnie Spector's Best Christmas Party Ever!* is at the Wolf Den on Dec. 23, the Women's Holiday Basketball Showcase at the arena on Dec. 19 features UConn vs. Oklahoma, while the Basketball Hall of Fame Holiday Showcase on Dec. 20 features a men's doubleheader with St. John's vs. Saint Joseph's and Providence vs. Houston. Finally, you can ring in the new year with Robin Thicke at the arena on Dec. 31. Here's to a stellar 2018!

Pillow talk

Built in 1856 as the center of a 300-acre working farm that many of Old Lyme's Impressionist artists later used to paint *en plein air*, the **Old Lyme Inn** (860-434-2600 or oldlymeinn.com) has 13 rooms that have been fully restored so that new (flat-screen televisions, gas fireplaces and organic linens) and old (antique furniture original to the inn and local artwork) mix nicely. The inn's popular Sunday Jazzy Brunch features live music by owner Ken Kitchings' jazz quartet Kenny and the Bad Pennies,

or, for still more jazz, December dates at the inn's Side Door Jazz Club include the Brian McCarthy Quartet on Dec. 1, Dayna Stephens on Dec. 2, the Javon Jackson Quartet Dec. 8-9, the Russell Malone Quartet on Dec. 15, the Dave Stryker Quartet on Dec. 16, the Christian Sands Quartet Dec. 22-23, Melissa Morgan on Dec. 29 and Johnny O'Neal on Dec. 30. Better yet: you get a discounted stay at the inn itself with the purchase of tickets.

Spa holiday

Of course you want to look (and feel) your best for the holidays — the **Spa at Norwich Inn** (860-425-3500 or thespaatnorwichinn.com) is the place to make that happen. Special winter spa treatments (available Dec. 1-Feb. 28) include an oxygenating pear and almond facial that combines almond and pear extracts and a boost of minerals to bring radiance to tired skin; a sugared pear body wrap that begins with an exfoliation using chocolate-almond sugar scrub and includes a luxurious application of sugared-pear cream, a warming blanket and facial and scalp massage; and a sugar pear manicure and pedicure, which begin with a softening soak followed by an exfoliation using chocolate-almond sugar scrub, a masque, a massage using sugar-pear cream and whatever polish you decide upon to bring the holiday sparkle. During the spa's holiday gift card promotion (which runs through Dec. 24) a single gift-card purchase of \$250 to \$499 earns gift-givers a \$25 voucher redeemable at The Spa at Norwich Inn or The Norwich Spa at Foxwoods, or a single gift-

BRENDA DE LOS SANTOS



The Holiday Gift Show at the Mystic Museum of Art runs through Dec. 23.

card purchase of \$500 or more includes a certificate redeemable for an overnight stay for two at The Spa at Norwich Inn. (Call for details and restrictions.)

To the point

A coastal Christmas at the **Saybrook Point Inn & Spa** (860-395-2000 or saybrook.com), which includes spectacular blue-water views, begins with a Christmas Eve brunch between 10:30 a.m. and 2 p.m., and a special Christmas Eve menu from 4:30 to 7:30 p.m. A bountiful breakfast will be served between 8 and 10 a.m. on Christmas Day itself, and a dinner buffet from 11 a.m. to 5 p.m. A Christmas package (available Dec. 24) includes an overnight stay, drink vouchers at Fresh Salt and that grand



CRAIG NELSON

Christmas buffet in the grand ballroom.

And then there's New Year's Eve at The Point: The annual New Year's Eve Ballroom Gala (7:30 p.m. to 12:30 a.m.) includes passed hors d'oeuvres, raw and sushi bars, a three-course dinner, dancing to the oh-so-smooth sounds of The Cartells, premium open bar, Viennese dessert table and, of course, a champagne toast at midnight. Hurry: A limited number of overnight packages are available, which means you can then hit the Hangover Brunch buffet from 11 a.m. to 3 p.m. on New Year's Day.

True colors

This season of wonder brings family-size fun to New London's **Lyman Allyn Art Museum** (860-443-2545 or lymanallyn.org), where the new exhibit *Coloring New London* covers gallery walls with gigantic coloring-book "pages" featuring scenes from historic New London postcards and paintings in the museum's collection. The innovative exhibit, on display through Jan. 21, is designed for visitors of all ages to color. Snowflake Family Teas (Dec. 2, 9 and 16) feature tea, a hot chocolate bar and desserts in the handsome Hendel Library, as well as an opportunity to add your own artistic touches to the coloring exhibit and a visit to the museum art studio to make a snow globe.

The art of gift-giving

The Holiday Gift Show at the **Mystic Museum of Art** (860-536-7601 or mysticmuseumofart.org) on the banks of the Mystic River runs through Dec. 23 and features hundreds of works in an extensive range of media. The Holiday Market on Dec. 10 is part of the gift show and all about supporting local artists and artisans. It includes items such as hand-carved wooden spoons, bowls and cheese boards, candles, jewelry, sailor bracelets, paper trees, pottery, fiber art, natural soaps/balms, stained glass, ornaments and more. The event features performances by students from local high schools, a complimentary hot chocolate station and a family-friendly craft. Festive treats will be available for

Jealous Monk
Social Hall & Beer Garden

Featuring a well-curated selection of 33 beers on tap and exceptional food with a European flair served in a convivial atmosphere with old world charm.

Whether meeting with a group of old friends or making new ones, Jealous Monk is the place for fun & relaxation.

Olde Mistick Village
27 Coogan Boulevard
Mystic, Connecticut 06355
(860) 536-MONK
jealous-monk.com

WEE FOREST FOLK
Fanciful Mouse Miniatures
Hand Crafted in the USA

Merry & Bright
1.375" h

R.A. GEORGETTI & Co.
Fine Gifts, Collectibles & Jewelry Since 1975
OLDE MISTICK VILLAGE-7A
MYSTIC, CT 06355
800-243-3176 860-536-2964
georgetti.com

purchase, including tummy yummys from NoRA Cupcake Truck, Preston Ridge Vineyards, Mystic Cheese Co. and Capizzano Olive Oils.

Isn't it romantic?

The Copper Beech Suite at the landmark **Copper Beech Inn** (860-767-0330 or copperbeechinn.com) in Ivoryton is dressed to the nines in a sophisticated champagne-and-coral color scheme and includes a fireplace, sitting area, four-poster mahogany bed and a private marble-tiled bathroom with an UltraBath hydro-massage whirlpool tub, separate shower and radiant floor heating. Room 210 on the first floor of the carriage house features 10-foot-high ceilings, a romantic rose-and-green color scheme, oversize picture windows that let in streams of light and French doors that lead to a private, east-facing deck. The Ivoryton Suite in the Comstock House, a garden-level room with its own private entrance, features a king-size bed, large separate sitting area and a private bath in limestone and travertine with a hydro-massage tub, radiant floor heating and separate shower. Peaceful? Luxurious? Pampering? Yes, on all accounts. When the stress of the holidays (or everyday life) threatens to overwhelm, this is where you go. Santa, are you listening?

Save the Date: Still more holiday happenings in Mystic Country

Nov. 24: Lantern Light Tours, *The Spirit of the Holiday: A Christmas Ghost Story*, at Mystic Seaport (with additional dates through Dec. 22).

Nov. 25: Santa arrives by tugboat to Mystic River Park at 2 p.m., the Christmas tree will be lit at 6, followed by the Holiday Lighted Boat Parade on the Mystic River.

Dec. 1: Munchkin Morning with Santa at Mystic Aquarium and *Cherish the Ladies: Celtic Christmas* at the Garde Arts Center, New London.

Dec. 2: *The Magic Flute 2017* presented by Connecticut Lyric Opera at the Garde Arts Center; Annual Tree Lighting and *A Bocelli Christmas* at Water's Edge Resort & Spa, Westbrook; Winterfest with Rudolph & Friends at Mystic Aquarium (additional dates through Dec. 31); Holiday Carnival at Olde Mistick Village.

Dec. 5: Downtown Holiday Stroll & Luminaria, Mystic.

Dec. 8: Festival of Lights, Olde Mistick Village and Mystic Aquarium (admission is free with one non-perishable food item per guest).

Dec. 9 and 10: Eastern Connecticut Ballet presents *The Nutcracker 2017* at the Garde Arts Center.

Dec. 10: Brunch with Santa and Carolers at Water's Edge.

Dec. 15: *Melissa Etheridge: Merry Christmas, Baby* at the Garde Arts Center.

Dec. 16: *The Jersey Four: A Tribute to Frankie Valli and the Four Seasons* at Water's Edge.

Dec. 17: 70th annual Community Carol Sing at Mystic Seaport; free admission with the donation of a canned-food item.

Dec. 26: A week of holiday magic begins at Mystic Seaport, and continues through Jan. 1.

Dec. 31: Black and White Ball: NYE 2018 at Mystic Aquarium; New Year's Eve Dinner & Dance Party, Water's Edge.

Navigating the Holidays is a Cinch!



Blankets, Neckties, Placemats,
and more customized with the
nautical chart of your choice.*

*Please allow 2-3 weeks
for custom orders



The Bowerbird

— Home of Impulsive Necessities™ —

Old Lyme, CT • 860.434.3562 • www.thebowerbird.com

Celebrate the Holidays with Us!



For all your Celebrations Dining & Lodging



the
side
door
AT OLD LYME INN

85 Lyme St, Old Lyme, CT

860.434.2600

oldlymeinn.com

One Community. A Continuum of Care



McLean is a not-for-profit senior living and healthcare community nestled on 120 wooded acres in Simsbury. For over 46 years, McLean has been committed to providing the most comprehensive support for healthy aging with both residential and community-based programs and services.



The full spectrum encompasses a dynamic independent living community, "just right" assisted living including supportive memory care assisted living programs and resources, an engaging adult day program, expert short- and long-term skilled nursing, restorative out-patient rehabilitation and wellness, integrated post-acute care and therapies, and award-winning home health care and hospice.

For more information on the full continuum of care and services, visit McLeanCare.org or call (860) 658-3700, 75 Great Pond Road, Simsbury, CT.



*Let us welcome
you this winter!*



**Call for Special Offers
860-658-3786**

(limited time only)

Enjoy a fully furnished luxury villa, complete with 2 bedrooms, 2 full baths, gourmet kitchen, sunroom and one-car garage on our 120-acre wooded campus.

Plus take advantage of all the benefits of The McLean Village:

- Maintenance-free living
- Gourmet dining with meal plan
- Healthy Living membership including Silver Sneakers® and warm water pool
- Hop Meadow Country Club social membership
- On-site Campus Clinic
- Philips LifeLine®
- Recreational and educational activities with a welcoming community of new friends

**Seasonal or
long-term options available.**



McLean is a not-for-profit senior living community in Simsbury, CT offering a continuum of services including independent living, assisted living, enhanced assisted living and memory care, an adult day program, short- and long-term skilled nursing, outpatient rehabilitation and wellness, post-acute care and home care and hospice.



McLeanCare.org | 75 Great Pond Rd. | Simsbury, CT 06070

Trajectory doesn't just happen.

It's about form,
finesse and nuanced fine-tuning.
An arc that masters life's hazards
is no accident — you make your own luck.
Your refined life may put you
on the tee box at Essex Meadows,
where everything around you
is far and away
better than par.

Essex
Meadows



ESSEXMEADOWS.COM



Managed by  Life Care Services®

SENIOR LIVING SPECIAL ADVERTISING SECTION



What Makes a Perfect Retirement? *All the good things in life, in one place.*

Community As the complete package in retirement living, Evergreen Woods offers a secure community with a multitude of living accommodations and resort-style amenities for you to enjoy. Members have their choice of 15 unique floor plans to choose from in one, two or three-bedroom luxury apartment villas. Amenities within the community include our indoor heated pool, pub lounge, art studio, woodworking shop, billiards room, auditorium, walking trails and more!

Freedom We believe that a quality of life that embraces true independence doesn't have to include the chores of daily living. This is why all of our living options include full maintenance and repair, housekeeping and deep cleaning, 24/7 security, concierge, chauffeur services, and a flexible dining program.

Fun Social events, clubs and trips help to shape the vibrant network of caring neighbors and community at Evergreen Woods. It's the perfect time to allow you or your loved ones to re-engage with who you are and what you love. Our full-time Social Director is in charge of creating programs, coordinating activities and planning trips so your calendar can be as full as you choose any day of the week!

Dining At Evergreen Woods, dining is a joyful celebration in the truest sense. Members delight in full-service dining which emphasizes a variety of daily specials and elegant dining experiences. Carefully selected beer, wine and spirits from the fully stocked clubhouse bar, create a refreshing culinary celebration.



Wellness Wellness is an essential component to the lifestyle at Evergreen Woods. Our staff is focused on providing unique programs to help Members live longer, happier and healthier lives. Our Wellness Center is home to an indoor heated pool, exercise equipment, weight room and a classroom/aerobic space with classes and monthly calendars managed by our full time Wellness Director.

Care Services As a Continuing Care Retirement Community (CCRC), also known as a Life Plan Community, Evergreen Woods offers multiple levels of care, should you need it, all under one roof. Members have access to a full continuum of care which includes Independent Living, Assisted Living, Skilled Nursing and Rehabilitation services. If your needs change, there is no need to relocate as you'll be at home in a community of friends and have easy access to the care you require in your own home.



MORE OF THE
GOOD THINGS
IN LIFE

A world to explore, a vibrant community to come home to. A private, luxury, resort style community providing a lifestyle that embraces freedom, friendships and family. It's time to enjoy retirement the way it's meant to be.



88 Notch Hill Road • North Branford, CT 06471 • (203) 488-8000 • Evergreen-Woods.com

Connecticut's Premier Life Care Community



GRANT MAIN LIVING SPACE



GRANT DEN

Home For The Holidays

Seabury's picturesque campus, with our new South Wing, is a great place to enjoy a vibrant, active life.

We're very excited to welcome our new residents to campus and to watch as these beautiful new spaces are transformed into neighborhoods and communities by the people who will make Seabury their home.

We have a limited selection of South Wing residences still available. Start planning today!

Life at Seabury offers a stimulating, engaging environment surrounded by friends and neighbors, with the peace of mind and security of Life Care. Come be a part of it. And invite your friends.

Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org



GRANT MASTER BEDROOM



Seabury
An Active Life Plan Community

Revolutionizing the experience of aging!

GET *Busy* LIVING



BEST OF
Hartford
MAGAZINE **2009**
THROUGH
2017



200 Seabury Drive | Bloomfield, CT 06002
(860) 286-0243 | (800) 340-4709 | www.seaburylife.org | info@seaburylife.org



Brandywine resident since 2016

BRANDYWINE LIVING

because there are still races to run



BRANDYWINE LIVING
at Litchfield

Life is Beautiful

19 Constitution Way | Litchfield, CT 06759 | 860.567.9500

NEW

CLASSY SPICE

Savor the flavor of *real* cinnamon.

It's bourbon sweet and cinnamon spice
infused in perfect harmony.

Ideal for holiday cocktails!



Distilled in Litchfield, CT 43% Alc/Vol Sip Responsibly



Featured cocktail:
"It's That Time of Year"
Scan code or visit
LitchfieldDistillery.com to
get the recipe...and much more!

LITCHFIELD
DISTILLERY

THE SPIRIT OF HARD WORK®



WOOD SLICE ORNAMENT These tree slice ornaments come in nine designs and are hand painted locally in Connecticut. The ornament itself is cut from Aspen trees in Colorado. \$15.95 each, Painted by the Shore, paintedbytheshore.etsy.com



2017 HOLIDAY GIFT GUIDE

CHRISTMAS HOUSE ADVENT CALENDAR

Measures approximately 10½". \$55, QueenvannaCreations, Granby, etsy.com/shop/queenvannacreations



MENORAH Imported from Israel. Artist Orit Grader is known for creating natural-themed Judaica items. \$150 shown, other styles and pricing available. The Judaica Shoppe at Congregation Bnai Jacob, bnaijacob.org

LUCID LIQUID CANDLES

Refillable candles burn paraffin rather than wax and never burn down. \$56-\$110, Fairhaven Furniture, New Haven; CM Almy, Willow & Birch, Madison; The Lyme Tree Woman's Exchange, Old Lyme; Selig The Studio and Gallery, Simsbury, lucidcandle.com



FELTED GOAT MILK SOAP

A soap and washcloth all in one. Felted soaps are gently exfoliating and help make the soap last longer. \$11 (plain)-\$20 (design), Lyric Hill Farm, Granby, lyrichillfarm.com



THE ORIGINAL SWING-OUT SEAT Sand cast and made in America with premium ductile iron. This versatile heritage piece lies at the heart of the industrial-modern aesthetic of American furniture.

Build these distinctive wall-mounted stools in a man-cave bar or kitchen-island design. \$500, Get Back Inc., Oakville, getbackinc.com



WINTER WONDERLAND TEA

A blend of green rooibos with cacao and cinnamon, flavored with Bavarian chocolate, cinnamon and hazelnuts. Prices vary, Simpson & Vail Inc., svtea.com



POOLY VASE A fully glazed ceramic bud vase where each tube is attached to the base and is individually separated so you can fill just one or fill them all. \$32, Chive. Wadsworth Atheneum Museum Shop, Hartford, thewadsworth.org

CIRRUS STRIPED THROW Woven of thick, organic cotton yarns, brushed for softness, it's the perfect weight to grace the foot of the bed or the arm of the sofa year-round. 100% organic cotton is grown and woven in Germany. \$148, Coyuchi. Fine Linen and Bath, Branford, Our Green House, Newtown, shop.coyuchi.com



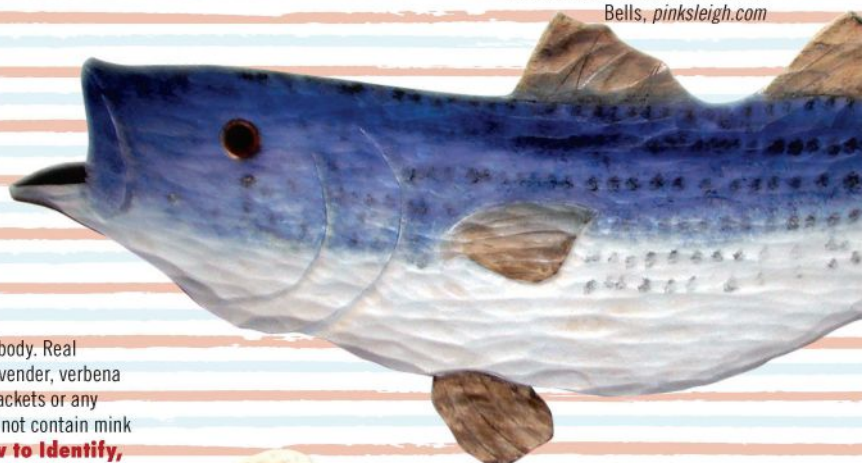
PERSONAL GLOBE An unusual decorative object for keeping travel memories. Mark the places you have visited or want to visit on the globe using the 50 small red pins. \$40, Palomar. Mix Design Store, Guilford, mixdesignstore.com



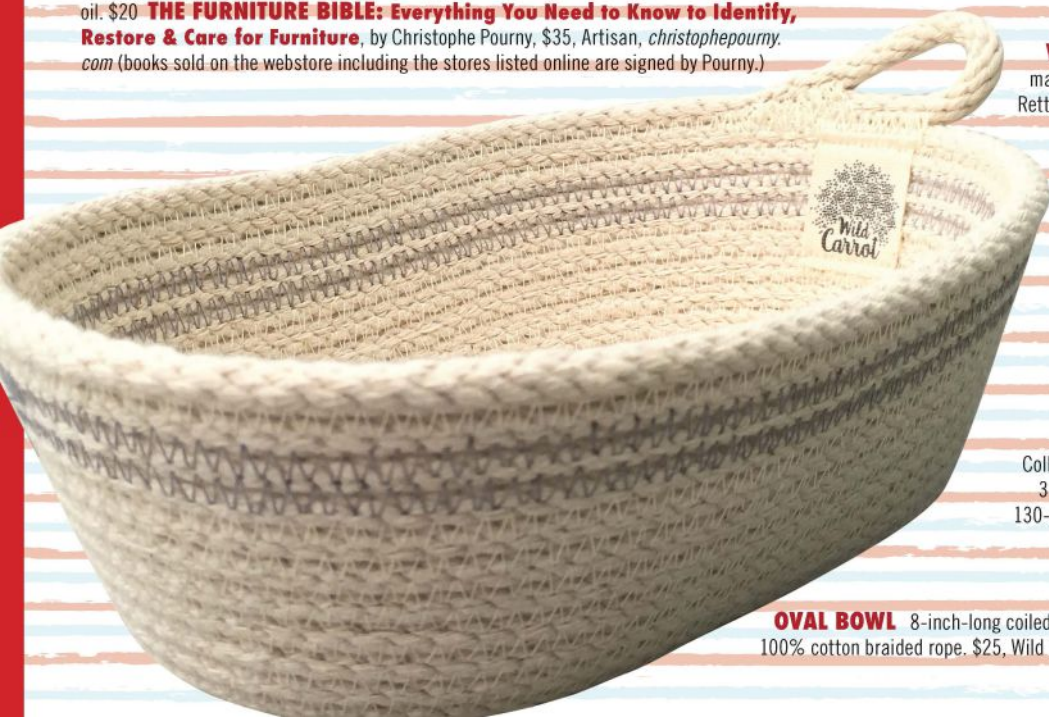
SLEIGH BELLS DOOR HANGER Designer leather door hanger with sleigh bells handcrafted in New Hampshire. \$29.99, New England Bells, pinksleigh.com



MARSEILLE SOAP Imported from France and gentle enough for face or body. Real flowers crushed in each bar. Wrapped in wax-coated paper for gift giving. Lavender, verbena or rose. \$20 **LEATHER SERUM** A great way to rejuvenate bags, shoes, jackets or any leather furniture item. Made from all-natural, plant-based ingredients. Does not contain mink oil. \$20 **THE FURNITURE BIBLE: Everything You Need to Know to Identify, Restore & Care for Furniture**, by Christophe Pourny, \$35, Artisan, christophepourny.com (books sold on the webstore including the stores listed online are signed by Pourny.)



WOOD CARVINGS Hand-carved striped bass made from Eastern pine and hand painted. \$65, John Rettenmeier. Country Coop, Ashford; various art shows in Coventry, Hebron and Ashford, jrettwood.com



CROSS-STITCHED MICROBES Collection of five microbe cross stitches, completed in 3-inch natural wood embroidery hoops; choose from 130-plus different microbes, viruses and cells. \$95.49, Alicia Watkins, wattyswallstuff@gmail.com

OVAL BOWL 8-inch-long coiled rope oval bowl. Assorted colors. Handmade from 100% cotton braided rope. \$25, Wild Carrot Cordage, wildcarrotcordage.com

STARFISH SEA GLASS CHRISTMAS ORNAMENT

Sea glass wired and wrapped on a starfish to make a Christmas ornament or decoration. \$8, Sea Glass Designs. Smoochie Bird, Niantic; Spectrum Gallery, Centerbrook, sea-glass-designs.com

BIRDFEEDER THERMOMETER Promote bird safety and reduce window strikes. Unique 2-in-1 design allows you to check the temperature while watching the birds. Durable UV stabilized polycarbonate tube won't yellow. Secure, friction-fit top for easy filling and quick-release bottom for easy cleaning. \$51.99, Weems & Plath Home. The Bowerbird, Old Lyme, thebowerbird.com

GILLETTE CASTLE

A HISTORY
ERIK OFGANG



GILLETTE CASTLE:
A History, by Erik Ofgang. \$21.99, The History Press

ENTOMOLOGIC SHADOW BOX

The star of this mixed-media shadow box is a carefully preserved (and sustainably sourced) five-horned rhinoceros beetle — the man who has everything will not have one of these! \$70, Creative DeeSign. Artfish42, Milford, artfish42.com

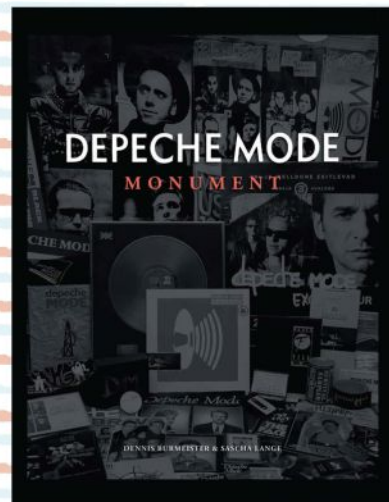
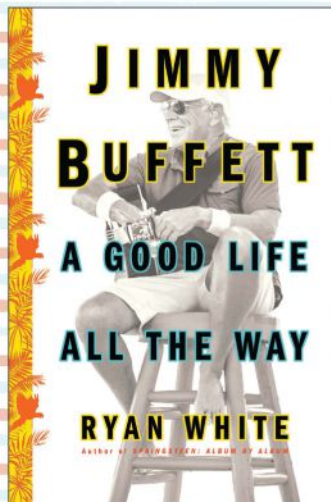
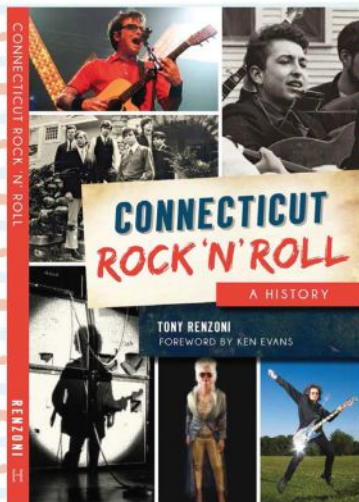
COVERED JAR

Hand-thrown stoneware vessel. \$95, John Macomber. Greenleaf Pottery, South Windsor, greenleafpottery.net

CONNECTICUT ORNAMENTS Locally made, hand-crafted Connecticut felt ornaments. \$12.99, The Pink Sleigh, Westbrook, pinksleigh.com

DRIFTWOOD CANDLE One-of-a-kind, handcrafted from driftwood found on Connecticut beaches. A wide variety of sizes and shapes available, from petite tealight holders to 4-foot-long, ocean-smoothed masterpieces for your mantel. \$48, Purple Girl Design. Artfish42, Milford, artfish42.com

INDUSTRIAL ROLLING BAR CART Vintage industrial, adjustable, three-tier, steel lift table with cast-iron castors makes a stylish statement for entertaining. Top adjusts in height from 25¼"-41½". Top measures 34"x22". Shelf heights measure 5¼" and 23¾". Overall dimensions: 27"x36½". SKU-TA5078, \$2,500, Get Back Inc., Oakville, getbackinc.com

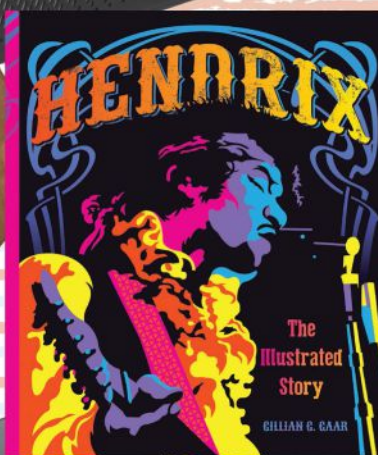


CONNECTICUT ROCK 'N' ROLL: A History, by Tony Renzoni, \$21.99, The History Press, arcadiapublishing.com **JIMMY BUFFETT: A Good Life All the Way**, by Ryan White, \$26.99, Touchstone, simonandschusterpublishing.com **DEPECHE MODE: Monument** The most complete book on Depeche Mode. Ever. \$59.95, Akashic Books, akashicbooks.com

TRAVELER SPEAKER Travel companion with built-in rechargeable Li-ion battery supports up to 10 hours of playtime. Compact and slim, dual microphone conferencing, built-in noise and echo cancellation, wireless Bluetooth streaming. 2500MAH power bank. \$129.95/\$149.95, Harman Kardon, harmankardon.com



SIDE POCKET LEATHER DUFFEL BAG One large, compressible interior pocket, exterior side pockets designed for easy access to stow your gear, 3- or 5-strap closure system. Can be carried by the handles or worn cross-body. No breakable parts, e.g. zippers, snaps, buttons, etc. 8.3 pounds, 100-year warranty, free shipping. \$790, Saddleback Leather Co., saddlebackleather.com



HENDRIX: The Illustrated Story, by Gillian G. Gaar. \$40, Voyageur Press, quartoknows.com

FENDER STRATOCASTER CHEESE BOARD Fun presentation platter (24"x9"x.75") made of native curly maple with walnut "turning pegs." Two feet long with ample serving space. The neck makes a natural carrying handle. \$130

GRAND PIANO CHEESE BOARD SET Elegant black walnut grand piano with curly maple inset depicting the keys. Knife with "rivets" of matching woods. Finely finished presentation for musical home. Wooden knife cuts even hard cheeses without harming board. \$125; knife sold separately, \$30. Meb's Kitchenwares, mebskitchenwares.com



60-IN-1 ARCADE COCKTAIL TABLE

Includes 60 of the most popular classic video games such as *Pac-Man*, *Space Invaders*, *Donkey Kong*, *Galaga* and more! \$2,495, Encore Billiards & Gameroom, Milford, encorebilliards.com



VINCENT VAN GOAT TEE A blue goat with swirls in his beard over glow-in-the-dark golden yellow stars on a super-soft, long-sleeve baseball tee. \$26, Hickster Tees, etsy.com/shop/HicksterTees



LEGO NECKTIE The Lego set every guy remembers fondly is now captured as a whimsical silk necktie design. Made of 100% silk and hand-finished by merchants in New York City. \$49, Josh Bach. The Bowerbird, Old Lyme, thebowerbird.com

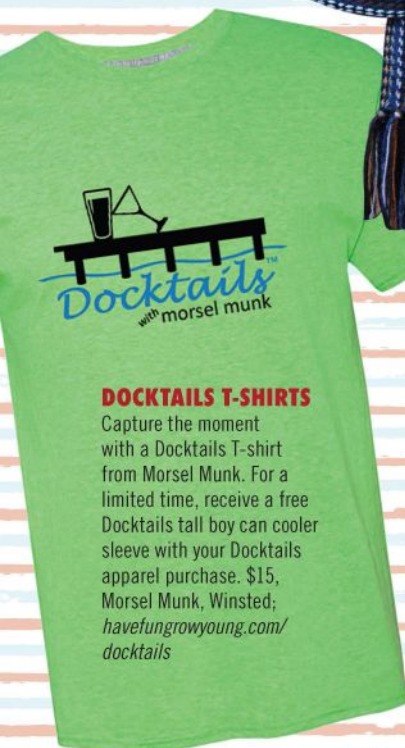


IRISH WOOL WALKING HATS

The classic Irish-made wool tweed walking hat is complimented with a feather. \$69.90, Hanna Hats of Donegal.

IRISH ALPACA SCARVES

Made from 100% alpaca wool, this scarf features heritage-inspired hues that will withstand both season and time. \$64.90, Mucros Weavers, Killarney, County Kerry, Ireland. Lucky Ewe Irish Goods, Hamden, luckyeweirishgoods.com



DOCKTAILS T-SHIRTS

Capture the moment with a Docktails T-shirt from Morsel Munk. For a limited time, receive a free Docktails tall boy can cooler sleeve with your Docktails apparel purchase. \$15, Morsel Munk, Winsted; havefunrowyoung.com/docktails



YALE UNIVERSITY SHIELD CUFFLINKS

Inspired by the stunning detail of Yale University's Sterling Memorial Library Nave.

From \$195 **YALE UNIVERSITY ICONIC BANGLE** Inspired by Yale University's most recognizable building, Harkness Tower. From \$395, Kyle Cavan, kylecavan.com



MISSION BELT

Without holes that stretch, wear, and crack over time, your Mission Belt will look good and work better. Micro-adjustable every quarter-inch, giving you a perfect fit every time. \$34.95, \$39.95

and \$49.95, Mission Belt. Yale University Golf Course, New Haven; Wampanoag Country Club, West Hartford; Tom Henderson/Round Hill Club, Greenwich; Cloud 9 Golf Company, Hartford; Zumiez, Brass Mill Center, Waterbury, missionbelt.com



ARNOLD & SON NEBULA

This 41.5mm watch has an 18kt gold case with a sapphire crystal over the dial. The dial has a light grey chapter ring. There is a small running seconds sundial between the 7 and the 8 o'clock position. Powered by the A&S 5101 calibre, fully skeletonized, and is a manual wind movement. This watch has two barrels and a power reserve of 90 hours. The fully symmetrical movement can be viewed through the exhibition caseback. On a hand-stitched alligator strap, with a tang buckle. Model 1NEAR.S01A.D135A. \$25,950, Arnold & Son. Found exclusively at Armstrong Rockwell, Hartford, armstrongrockwell.com



MASTER HOPOLOGIST TAILGATE HOODIE

Treat the beer lover in your life to a tailgate hoodie. Hoodie includes a cozy lined center pocket for your beer and a metal bottle opener attached on an elastic so you never lose it. Design features the molecular structure for humulone, the reason hops taste so bitter. Available in sizes S-2XL. \$45, The Quark Side, thequarksides.com

FOR THE GUYS



TOMTOM ADVENTURER Rugged band, barometer, compass and dedicated sport modes for trail running, hiking, skiing and snowboarding. Built-in heart rate monitor, music player, GPS tracking and route exploration. \$349.99, TomTom NV, tomtom.com



VOLT RESISTANCE Heated clothing with a variety of styles from scarves to footwear. Features the patented Zero Layer® Heat System. \$19.95-\$249.95, Volt Resistance, voltheat.com



NATIONAL GEOGRAPHIC AFRICA MIDI SATCHEL

Attractive, rugged camera bag fits your DSLR camera or camcorder and laptop (up to 9") in a convenient, removable padded insert. Water-repellent cotton and coated with polyurethane. \$139, National Geographic, natgeostore.com



NIKON D7500 20.9 MP DX Format Digital SLR Camera. Top-tier image quality, blazing speed, flawless autofocus, 3.2" 922K dot, tilting LCD screen with touch functionality, 51-point AF system with 15 cross-type sensors and group-area AF paired with up to 8 fps continuous shooting capability, 4K Ultra HD and 1080p Full HD video with stereo sound, power aperture control, auto ISO, 4K UHD time-lapse. Built-in Wi-Fi and Bluetooth for easy connectivity through the Nikon SnapBridge App. Comfortable, rugged design. \$1,249.95, Nikon Inc., Milford Photo, Milford, nikonusa.com



MEFOTO AIR

Our lightweight travel tripods & monopods include all-new HyperLock technology to make your setup faster and easier than ever. Starts at \$125, MeFOTO, mefoto.com



HEAD-TO-TOE GEAR Everything you need for all your sports. Yeti Hopper Flip 12 \$279.99; Garmin Forerunner \$230-\$299.99; Patagonia insulated flannel jacket \$170; Sorel Madson Mock Toe \$180; Sorel Madson Chukka Waterproof \$170; Hobie Kayak Mirage Revolution 11 \$1,950, Outdoor Sports Center, Wilton, outdoorsports.com

TREE TOTE Eco-friendly heavy canvas tote made in New England from recycled materials. Hand printed with exclusive pen-and-ink drawing. \$32, The Burnt Shop, Glastonbury. The Sow's Ear, Glastonbury, theburntshop.com

NATIONAL GEOGRAPHIC 70MM ALT-AZIMUTH TELESCOPE

This achromatic refractor telescope is ideal for family stargazing. 70mm refractor, 60mm clear aperture and two Plossl eyepieces (26mm and 9.7mm). Includes tripod, red dot viewfinder, star map and Astro CD Planisphere software (Windows only). Allow 2 weeks for delivery. \$139, National Geographic, natgeostore.com

NATIONAL GEOGRAPHIC 8 X 21 MINI-BINOCULARS

6½ ounces, water-resistant, rubber-armored binoculars. Individually focusing eyepieces with BAK-4 roof prisms and multicoated lenses increase contrast and resolution and bring birds and wildlife eight times closer. Field of view is 413 feet at 1,000 yards. Focuses on subjects as close as 15 feet. \$29.95, National Geographic, natgeostore.com

NATIONAL GEOGRAPHIC FIELD GUIDE TO THE BIRDS OF NORTH AMERICA

7th edition best-selling North American bird field guide is the most up-to-date guide on the market. Perfect for beginning to advanced birders. The only book organized to match the latest American Ornithologists' Union taxonomy. \$29.95, National Geographic Books, natgeostore.com

SHOBHAN'S IRISH FIREWOOD 100% organic authentic Irish peat. \$48.90, Shobhan's Irish Firewood, Lucky Ewe Irish Goods, Hamden, luckyewerishgoods.com

FELTED WOOL AND CASHMERE OPERA GLOVES Mixture of colors and patterns, 8-10" long. Funky, warm and fun. Made in the U.S. \$44 for felted wool, \$55 for cashmere, BH Upcycled Designs. Red Pepper Gallery, Stonington, redpeppersexct.com

SINGLE PARACHUTE NYLON HAMMOCK

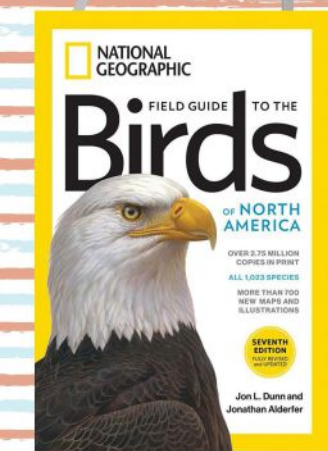
Easy-to-hang, durable and packable parachute nylon print hammock, compressible to the size of a softball. \$59.99, Grand Trunk. Kings Marine Center, New Haven; Cabela's, East Hartford; Roads Rivers and Trails, Hartford; Miller's, Stamford, grandtrunk.com

BEACH FASHION

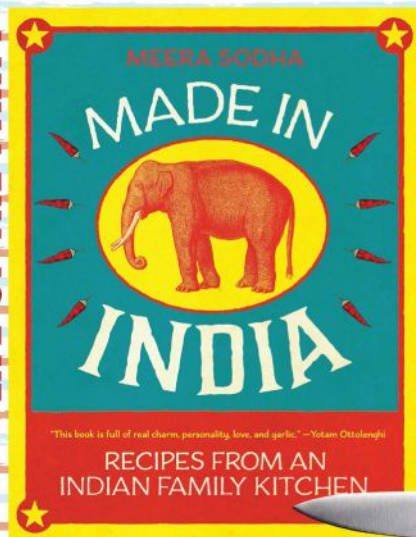
Water-resistant Italian jelly bag, sandals and wedges are durable enough to handle it all. Can be personalized with inspirational charms. Multiple colors. Bag, \$165, sandals, \$95, wedges \$155. Carmen Sol, carmensol.com

WATER-FILTER BOTTLE

A technological breakthrough in water filtration for clean and safe drinking water. The duo product comes without the cost, harmful toxins and negative effects on the environment of bottled and tap water and can save over 3,000 plastic water bottles from landfills a year. \$115, ARIIX, ariix.com

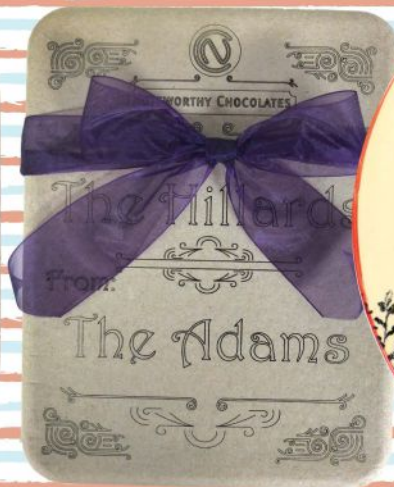


MADE IN INDIA: Recipes from an Indian Family Kitchen, by Meera Sodha, \$35, Flatiron Books



PERSONALIZED GOURMET CHOCOLATES

Design your own engraved chocolates to give custom holiday gifts & party favors. Fair trade, allergy-friendly gourmet chocolate shipped nationwide. \$35 and up, Noteworthy Chocolates, Bethel, noteworthychocolates.com



2-PIECE CARVING SET Swiss Diamond knives carving set includes a carving knife with a super-sharp cutting edge, and a 7" carving fork. \$119.95, Swiss Diamond. Gray Goose Cookery, Mystic, swissdiamond.com



MOROCCAN RATATOUILLE Made from roasted eggplant, garlic, onions and vegetables slowly simmered with olive oil. \$10, The Gracious Gourmet. Hopkins Vineyard, Northville Market New Milford, Nutmeg Olive Oil Company, Village Market Wilton, Roxbury Market

FIG ALMOND SPREAD A luscious pairing of dried figs, fresh fig purée and sliced almonds with hints of orange, lemon and lime enlivens everything from duck to ice cream. \$10, The Gracious Gourmet. Caraluzzi's, Hopkins Vineyard, Lizzie's Corner, Sunset Meadow Vineyards, Bon Appetit, Hamden, thegraciousgourmet.com

SALUTE AMERICAN VODKA

An American-made craft vodka. First dollar of every bottle sold is donated directly to organizations that provide programs and services which support veterans and other American heroes. 80 proof. USA Certified. 100% American-made. \$19.99, Better Brands Beverage Company, available at various liquor merchants, saluteamerican.com



CHOCOLATE LOVER'S COOKIE GIFT BOX

One pound of handcrafted artisan cookies to satisfy and delight the chocolate lovers in your life. Chocolate chip, chocolate orange, chocolate walnut crumb bars and triple chocolate espresso (approximately 15 cookies and three bars). Use promo code "CTMag" for free shipping through Dec. 31, 2017. \$28, Andie's Cookies, Clinton, andiescookies.com



NORDIC MOON MEAD Award-winning, natural orange blossom honey wines. Fermented with fruits and botanicals as local as can be sourced. \$19. Wedding mead packages available. Available at wine retailers, nordicmoonmeadery.com

KHORTY TSA VODKA

Ukraine's famed Khortytsa (KHOR) vodka is for all of life's defining moments. A unique and exceptional vodka that is closely integrated with Ukraine's heritage. \$14.99, Global Spirits, local Connecticut spirit shops, khor.com





11-INCH SERVING PLATE

Whimsical, handcrafted pottery serving piece for the bird-lover in all of us. \$65, Clay in the Potter's Hands. ArtFish42.com



CHRISTMAS COOKIES AND FRUIT STOLLEN

Sweeten your holidays with Christmas cookies and German fruit stollen. \$18 per pound for cookies; stollen starts at \$15, The Dutch Epicure Shop, Litchfield, dutchepicure.com

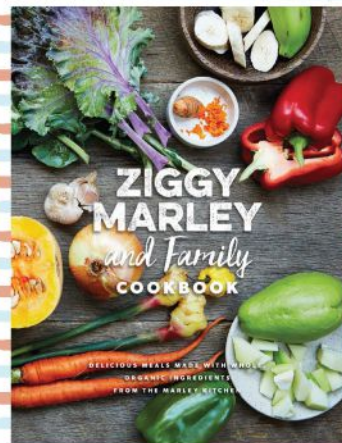
KALAMATA EXTRA VIRGIN OLIVE OIL

Fresh, green, handpicked Koroneiki olives deliver an extremely well-balanced oil with a unique pepper and almond aftertaste. \$12.99, Gaea North America. Whole Foods Market, Fairfield and Westport; Fresh Market, Westport; Acme, New Canaan



NAUTICAL CENTERPIECE

A nautical weave spiral stitched with a complimentary rope color. Ideal for the seaside table as a centerpiece or as a placement. Reflects Flemish-style mats that combine marlinepike knotwork with stitched wrapping. Update on the classic look with two-color effect of color combined with white. \$50, Mystic Knotwork, Mystic, mysticknotwork.com



ZIGGY MARLEY AND FAMILY COOKBOOK

Delicious meals made with whole, organic ingredients from the Marley kitchen, \$24.95, Akashic Books, akashicbooks.com



FIZZICS



THE DOUBLE DELUXE CHOCOLATE GIFT BOX

This keepsake two-drawer collectible gift box is filled with 30 pieces of scrumptious chocolate. \$69.95, Thorncrest Farm & Milk House Chocolates, milkhousechocolates.com



CANDY CANE ROOIBOS TEA

The aroma of the dry leaf is a mood booster with its euphoric aroma of minty sweetness. When brewed, this herbal blend has a taste that is tingly and refreshing. 4 oz. \$10.05, Simpson & Vail Inc. Caraluzzi's, Bethel, Newtown and Georgetown; Nutmeg Olive Oil Co., New Milford, svtea.com



FABIO VIVIANI WINES Cabernet sauvignon: Notes of dark chocolate, fresh black currants and vanilla. **Signature red blend:** Notes of plum, cherry, raspberry and wild strawberry. \$14.99, Fabio Viviani Wine Collection, fabiovivianiwines.com

FABIO'S 30-MINUTE ITALIAN

by Fabio Viviani. More than 100 fabulous, quick and easy recipes. \$27.99, St. Martin's Press, us.macmillan.com/smp

CHEESEMONGER SIGNATURE BOX

New artisan cheese subscription and gifting service sends expertly curated, freshly cut cheese to doorsteps each month. Three half-pound portions of cheese, a gourmet cracker and either a fine jam, spread or charcuterie. Prices vary, gift options available for anywhere from 1-12 months. Cheesemonger Box, cheesemongerbox.com

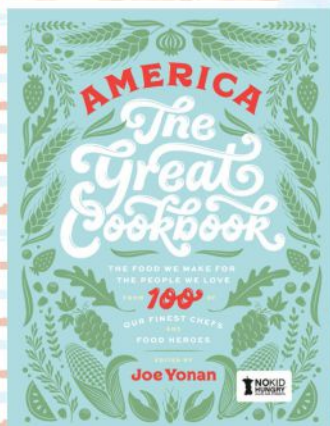
CONNECTICUT CUTTING BOARD

Available in full size, cheese board and bar board. Beechwood. \$45 and up, Designer Dwellings. Hartford Prints; Old Wethersfield Country Store; Pure Poetry, Trumbull, designerdwellings.etsy.com

LAMINATED KNIVES

Curly maple for the blade, the strongest of our native hardwoods, set into a darker handle. Contrasting cherry or walnut "rivets" add to the metal-knife illusion. 8" x 1.75". \$30, Meb's Kitchenwares, mebskitchenwares.com





AMERICA THE GREAT COOKBOOK: The Food We Make for the People We Love, From 100 of Our Finest Chefs and Food Heroes, edited by Joe Yonan, \$40, Weldon Owen, weldonowen.com



VINCENT VAN GOAT TOTE

100% recycled fabric market tote bag. 18"w x 15"h x 2.5" with bottom gusset. \$20, Hickster Tees, etsy.com/shop/HicksterTees

FELTED GOAT MILK SOAP

A soap and washcloth all in one, felted soaps are gently exfoliating and help make the soap last longer. \$11 (plain)-\$20 (flowered design), Lyric Hill Farm, Granby, lyrichillfarm.com

BUBBLY, BOOZE AND MAKING SPIRITS BRIGHT TOTE BAGS

Great way to gift a bottle of champagne or spirits. 100% recycled canvas and hand-stenciled. Measures 6.5"w x 12"h x 3.5" with a bottom gusset. Holds one 1.5-liter bottle. \$15, ecoBags recycled canvas. Hillstead Museum Gift Shop, Farmington, riverdogprints.com



LIP BALM Warm, comforting vanilla spice balm will keep your lips soft and moisturized. Mint Tango balm is refreshing and rejuvenating but not overbearingly minty. Perfect for any time of the year. \$10, Brosily Bath and Body, brosilybathandbody.com



BLACK ALPHA DRINKING SET An addition to the Alpha series in which manganese has been added in the glass production process. Made of muslin glass (crystal) and blown to a thickness of .027". Alpha pitcher black, \$228; Alpha tumbler, \$150 each, Lobmeyr. Glass House Design Store, designstore.theglasshouse.org



HONEYBEE BUTTER BALM

This essential moisturizer has coconut butter that gives this balm a delicious, buttery texture. Ingredients: Olive and grape seed oil, coconut butter, beeswax and rose geranium essential oil. No alcohol or paraffin. \$24

PUREST BODY OIL Pure plant-based oils penetrate your skin without the waxy residues found in many other oils, allowing for maximum hydration. Contains oils of olive, avocado, sunflower and grape seed, honey and lavender essential oil. \$22, Red Bee Honey, Weston, redbee.com



SOCKET SACK These handmade eye pillows are filled with flaxseed and can be placed in the microwave or freezer for hot/cold therapy. \$18, Payne & Comfort. The Silver Dahlia, Glastonbury, West Hartford and Simsbury; The Pious Bird, Fairfield; Helping Hands Boutique, Thomaston, payneandcomfort.com



CHERRY WOOD IPHONE & IPAD STAND Hand-made, solid cherry wood iPhone & iPad stands with unique, laser-cut designs. Two standing configurations add versatility and style. Starting at \$29, Hannah's Ideas. Fairhaven Furniture, New Haven, fairhaven-furniture.com



TREEFORT NATURALS 4-BAR SOAP GIFT SET Handcrafted natural soap, boxed and ready for gifting. \$26, Treefort Naturals. Rings & Things, Colchester; Mystic Museum of Art, Holiday Gift Show; Mystic Creative Arts Workshop; Celebration of American Crafts, New Haven, treefortnaturals.com



COBBLESTONE RINGS Rose gold with champagne diamonds: 14K rose gold, approximately 3.44 total carat weight in champagne diamonds, \$9,200; Sterling silver with green garnets, \$1,800; white gold with white diamonds: 18K white gold, approximately 4.17 total carat weight in white diamonds, \$24,000, LJ CROSS. Copious Row, Greenwich

HAMMERED STERLING TEARDROP EARRINGS

Available in small and large sizes. \$52-\$56, emmy starr designs. Ally Bally Bee, Ridgefield and New Canaan; Local Soul, Wilton; Jade Activewear, New Canaan, emmystarrdesigns.com



INTERCHANGEABLE CUFF Innovative and trendsetting bracelets and rings designed to be interchangeable with reversible colored leather bands. \$39-\$150, Les Georgettes. The Red Owl Jewelry & Gifts, Cheshire and Meriden, redowlgifts.com



STERLING CUFF Sterling silver free form fluid cuff. \$82, New Territory Jewelry. Ally Bally Bee, Ridgefield; No. 299, Fairfield, etsy.com/shop/newterritoryjewelry



GEOMETRY COLLECTION Using patterns found in nature, these jewelry pieces are handmade, sterling silver and one of a kind. \$50-\$60, LMM Design. Brookfield Craft Center, Brookfield; Ally Bally Bee, Ridgefield; Spectrum Art Gallery, Centerbrook; Gallery 25, New Milford; The Art Gallery, Middlebury, lmmdesign.com

HANDCRAFTED LAMPWORK GLASS JEWELRY

One-of-a-kind art jewelry designed around artist Jane Berling's own handcrafted lampwork glass beads. Vivid colors, interesting shapes and unique details. Member of the Nutmeg Collective. \$35-\$325, artist Jane Berling, madebyjanedesign.com



DARE 2 B U BRACELETS Features two types of beads. A Swarovski Pearl, man-made, perfect in size and shape. A natural gem, a product of the earth that contains a unique energy and a special beauty that can only be created by nature. 7½" in circumference. One size fits most. \$19.95, Totally Awesome Goods, Madison, totallyawesomegoods.com

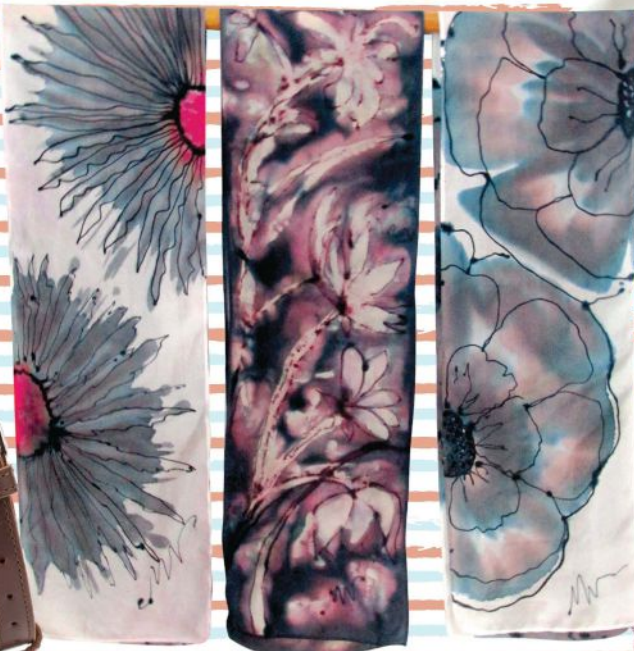
SILVER & BRONZE JEWELRY Soulfully simple sterling silver and bronze artisan jewelry. Designed and created using eco-friendly methods, from our studio in Lebanon. \$49-\$649, Kristen Mara. Coco's Cottage, South Woodstock; Wave Gallery, New Haven, kristenmara.com



WINTER EARRINGS

Make a statement with distinct designs created with sterling silver. \$85, Madeleine Moore. Spectrum Art Gallery and Store, Centerbrook, spectrumartgallery.org

LEATHER TABLET BAG Fits any size tablet, front pocket fits a Kindle or 12" MacBook. Leather will stretch out over time. Riveted top handle and removable shoulder strap for multiple carrying options. Lined with pigskin for durability. Full-grain leather, which takes hits well and looks even better with age. Stitched with marine-grade thread and reinforced with copper rivets. Removable shoulder strap is 1" wide with an adjustable length of 34½" to 59¼". Removable shoulder pad for added comfort. 100-year warranty, free shipping. \$189, Saddleback Leather Co., saddlebackleather.com



WEARABLE ART Hand-painted silk scarves, silk kimono jackets, unique evening bags, silver and bronze semi-precious pendants. \$58-\$300, Mary Wolff. Wesleyan Potters Gallery, Middletown; Brookfield Craft Center, Brookfield; CWOS Erector Square Weekend, New Haven, marywolff.metalfiber@gmail.com

COTTON PAJAMAS

Sophisticated, fine-tailored and uniquely designed pajama sets for the whole family. 100% cotton. \$48-\$375, Renee Claire, bedheadpjs.com

"SERENA" DRESS

Velvet & liquid leather faux wrap maxi dress. Sizes S-4X. Holiday sale \$96 with free shipping & returns. Use code: LUXEHOLIDAY for an additional 35% off at checkout. LUXE AND CURVES, luxelandcurves.com

EVERYDAY CLUTCH

Customizable, handmade clutch made with water-resistant fabric. Choose from a variety of exterior patterns, interior colors and other custom options such as monogramming to make it the perfect personalized gift. Starting at \$46, Emma Lyn Designs. Mason Jar, Monroe, emmalyndesigns.com

HANDMADE ARTISANAL HATS and WINTER ACCESSORIES

Bundle up in style with unique knitwear hats by Linda Lundqvist. Knit with acrylic yarn and adorned with a crocheted flower. \$35, Spectrum Art Gallery and Store, Centerbrook, spectrumartgallery.org

ARM-KNIT COWL SCARF

Handmade with alpaca blend yarn, this rust-colored cowl scarf is made with the technique of arm-knitting. \$30, Payne & Comfort. The Silver Dahlia, Glastonbury, West Hartford and Simsbury; Blackkat Leather, Chester, payneandcomfort.com

SEA STAR BEACHWEAR BEACHCOMBER ESPADRILLE

Classic espadrille design reimagined with a water-friendly neoprene upper and protective rubber deck shoe sole. \$96, Sea Star Beachwear. Everything But Water, Greenwich, seastarbeachwear.com



VINTAGE WEDDING HANDKERCHIEF

A handkerchief is a must for any bride or member of a bridal party. Vintage hankies embroidered with each person's monogram. \$10, Southern Yankee, southernyankee.com

YURI LUX SCARF

Remember the grape-stomping scene in *I Love Lucy*? That is the same technique artisans in Nepal use to get this 90% wool/10% silk knit shawl so soft. Size: 28" x 78". \$135, ZANHA. Passports, Salisbury, zaanha.com

FLORENTINE SUEDE BUCKET BAG Handcrafted by Alessandra in her family-run workshop in Florence, Italy. With hand-cut suede tassel and braided leather handles, these handbags add a pop of color to any outfit. \$248, made exclusively for Uno Alla Volta, available at unoallavolta.com



CUSTOM KEY FOB

Design a custom key fob for the perfect personalized gift. Choose the exterior pattern, interior color and add a monogram. \$14-20, Emma Lyn Designs, emmalyndesigns.com

CHARLESTON SHOE COMPANY

Sassy, sexy, colorful and comfortable shoes and sandals. Created by women, for women and geared toward the modern fashionista who needs to be on her feet and stay stylish. Unexpected comfort and machine washable. Available in 100 bold colors and patterns. \$69-\$165, Charleston Shoe Company. Ella Where She Shops, Guilford; Lily Shoes and Accessories, Old Greenwich, charlestonshoeco.com



GABRIELLE CHANEL New fragrance available now at Lord & Taylor. Crafted by Olivier Polge, scent is based on a bouquet of four white flowers: jasmine, ylang-ylang, orange blossom and grasse tuberose. \$135, Chanel. Lord & Taylor, Trumbull.

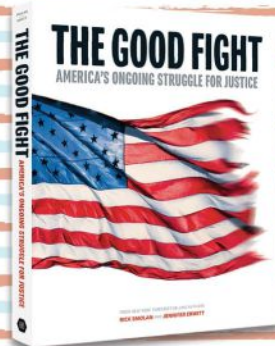


HOTEL COLLECTION PREMIER MICROCOTTON BATH TOWEL COLLECTION

Rendered in soft, super-absorbent Annur cotton and finished with a clean woven pattern at the hem. Available exclusively at Macy's. \$16-\$67, Micro Cotton, microcotton.com



TIMELESS JEWEL-ENCRUSTED CLUTCH PURSE The all-over jewel embellishments of these handmade purses deliver a sparkle that catches the eye and impresses even the pickiest fashion critics. Each purse arrives in a gift box with chain and velvet/satin duster pouch. \$269, The LimeLight Collection, TheLimeLightCollection.net

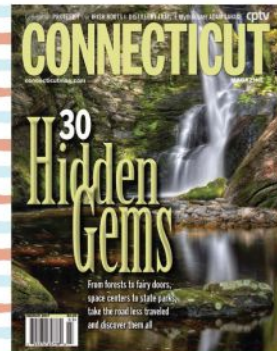


GOOD READS

THE GOOD FIGHT: America's Ongoing Struggle for Justice, by Rick Smolan and Jennifer Erwit, \$35, Against All Odds Productions



NIKKI WHITE: Polar Extremes, by Jack Chaucer. \$13.99, CreateSpace. Hickory Stick Bookshop, Washington Depot



CONNECTICUT MAGAZINE One-year (12 issues) Connecticut Magazine subscription. Special 2017 Gift Guide pricing, \$9.97 delivered to CT zip codes. Call 855-235-9032 and mention code HOLIDAY17



A CONNECTICUT CHRISTMAS: Celebrating the Holiday in Classic New England Style, Photography by Caryn B. Davis, with narration by Eric D. Lehman. \$26, Globe Pequot Press, carynbddavis.com



HAND-PAINTED KIDS DECOR

Wooden letters, picture frames, hand mirrors. \$15-\$50, oscar & ollie, oscarandollie.etsy.com

STATEMENT SOCKS

Living Royal socks come in dozens of patterns to suit every whim. Crew sock \$12, Living Royal. Blue Star Bazaar, Wilton, bluestarbazaar.com



REVERSIBLE HEADBAND

Bright, easy to wear and reversible. Combination of fabric and elastic helps keep the headband in place, reducing slipping and sliding. \$10, Milo and Molly, miloandmolly.com



PEBBLE BY

KAHINIWALLA Make your kids happy and help make the world a better place with these fair-trade products made by women in Bangladesh. Prices vary, Pebble by Kahiniwalla. Our Green House, Sandy Hook, kahiniwalla.com

JULIE DILLION KNITWEAR

Whimsical, hand-knit baby sweater. \$72, Julie Dillon Ireland. Lucky Ewe Irish Goods, Hamden, luckyeweirishgoods.com



SAKURA BLOOM RING SLING

Shouldering beauty and function, Sakura Bloom's ring slings are crafted of fine, all-natural fibers. Made in the U.S. using soft linens and lush silks, slings are suitable for carrying babies and toddlers 7-35 lbs. \$98-\$180, Sakura Bloom, beantreebaby.com



KIWICO Doodle Crate subscription art & design projects, ages 9-16+; Tinker Crate subscription STEM projects, ages 9-16+; Kiwi Crate science, art and math, ages 5-8; Koala Crate hands-on fun, ages 3-4. \$16.95/month, KiwiCo, kiwico.com



BARKWORTHIES SUPERFOOD COLLECTION New line of jerky for dogs made with real superfood ingredients. Made with real meat, plus blueberries, carrots and pumpkin, to support muscle growth and development. Rich in vitamins, antioxidants and fiber, they also support the digestive system, as well as promote anti-inflammation and dental health. Available in a variety of flavors. \$6.99-\$14.99, Barkworthies. The Natural and Organic Pet, Middlebury; Paws and Claws Holistic Pet Food, Wolcott; Brownstone Bakery for Dogs, Avon; Appalachian Tails, Glastonbury; Green Dog Market, Farmington, barkworthies.com



FUZZY LOUNGEWEAR

Fuzzy lounge shorts and pullover for girls 8-14. Super-soft plush panda pattern. Top \$34, shorts \$26, Ragdoll & Rockets, bluestarbazaar.com



CUSTOM MEMORY BABY PILLOW

Capture your baby's first year in a custom patchwork pillow made from precious baby outfits. \$60, Bitty Birdie design, bittybirdie.com



INFANT AND TODDLER LEATHER MOCCASINS

Handmade leather moccasins. Choice of many colors. Made in the U.S. \$34 for infant, \$38 for toddler, Barbara Reese. Red Pepper Gallery, Stonington, redpeppersexct.com

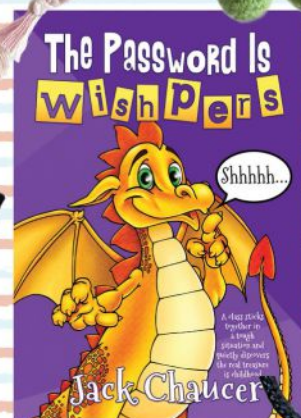
PET PORTRAIT OIL PAINTING Your pet beautifully hand-painted in traditional oils from your photographs. Each painting rendered on a 10-x-8" panel ready for your frame. Allow 8 weeks. S&H additional. \$400, ShawnaLee Kwashnak, shawnalee.com





50 CITIES OF THE U.S.A.
Explore America's cities with 50 fact-filled maps. By Gabrielle Balkan. \$30, Wide Eyed Editions, quartoknows.com

CHILD'S CHRISTMAS BELT New limited-edition preppy Christmas belt. SUV with Christmas tree. Available on red, navy or natural cotton webbing. Simple pop of color for your little man's holiday look. 1-inch thick with nickel D-ring buckle and tip on each end. Perfect size for toddler/child pants. \$15, Brimmer Boys, brimmerboys.com



THE PASSWORD IS WISHPERS by Jack Chaucer, illustrations by Jeanine Henning. \$12.99, CreateSpace, Hickory Stick Bookshop, Washington Depot



GIRL & REX COMFORT NOTEBOOK 5" x 3.5" notebook with a hand-printed cover and unlined recycled paper. Based on an original pencil sketch that was inked by hand. Shipped within a clear, protective plastic sleeve. \$7.50, Our Secret Treehouse, oursecrettreehouse.com/store



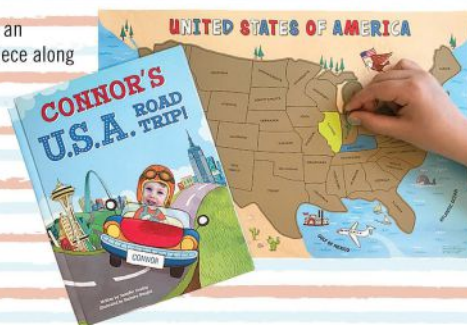
FOX MAPLE CHARM NECKLACE 1"-1 1/2" wooden pendants are printed on die-cut maple & hang on a 24" satin cord that can be tied to your preferred length. Available in fox, bird, raccoon & hedgeie. Made in the U.S. Packaged on recycled cardstock in a hanging cellophane sleeve. \$12, Our Secret Treehouse, oursecrettreehouse.com/store



VINTAGE PILLOWCASE APRON Child-size aprons made from vintage pillowcases trimmed in bright colors. Each one comes packaged in a cute container which can be used to hold all sorts of treasures. \$15, Southern Yankee, Local Soul, Wilton, farmers markets, southernyankee.com



PERSONALIZED BOARD GAME Take an adventure across America as you move your piece along the board. Personalize up to six game pieces with photos of your family member's faces. Your family's names will also be incorporated into the gameboard artwork. Create lasting family memories with this uniquely personalized keepsake. \$24.99, I See Me!, iseeme.com/en-us





1. SENNHEISER ORPHEUS HE-1 HEADPHONES

Old Lyme • \$55,000

Don't hold back this year. The big, beautiful tax cut is coming soon! Spend yours on these stunning electrostatic

Make it a happy Connecticut holiday with this absolutely techlicious gift guide that includes freshly picked products from companies with a state presence.

headphones powered by an associated vacuum-tube amplifier — with a chassis crafted from a block of Carrara marble from Tuscany.

A little too much? Then get real with Sennheiser's new Momentum in-ear headphones (\$99.95) in festive black and red. en-us.sennheiser.com

2. TIMEX IQ+ MOVE SMART WATCH

Middlebury • \$149

Dad dismissed your Apple Watch as "an overstuffed wrist Chiclet"? Stun him with this old-school analog wristwatch that's actually a modestly intelligent fitness tracker. A companion app monitors his sleep and calories burned. Nobody will know Dad has put a traditional analog face on a thin digital timepiece. timex.com

3. HARMAN KARDON INVOKE AND ALLURE VOICE-ACTIVATED SMART SPEAKERS

Stamford • Invoke \$199 • Allure \$249

Harman International, which completed its sale to the Samsung Group of South Korea earlier this year, scores here with the first speaker on the market with intelligence from Microsoft's Cortana. Like Amazon's Alexa, Cortana on request plays your favorite





4. BLACK & DECKER SMARTECH ROBOTIC VACUUM

New Britain • \$220

Black & Decker's first robotic vacuum,

model HRV425BL, uses the company's Smartech technology to adjust cleaning modes automatically by identifying whether the floor surface is wood or carpet. It's a standard robotic vac in almost every other way — HEPA filter, 90-minute battery life, controllable by iOS/Android app via Bluetooth — except for the user-adjustable color and brightness of an LED illuminating the top. A variant (model HRV425BLP) is designed for households with pets. The price of this Smartech vac has plunged (check Amazon) since arriving a year ago at close to \$400, so it's now competing with lower-end bots like the Ecovacs Deebot and Eufy instead of Roomba and Neato. Factor your furniture clearance before buying: The Smartech vac is a big boy at 4.3 inches tall. blackanddecker.com

5. KRELL DIGITAL VANGUARD INTEGRATED AMPLIFIER

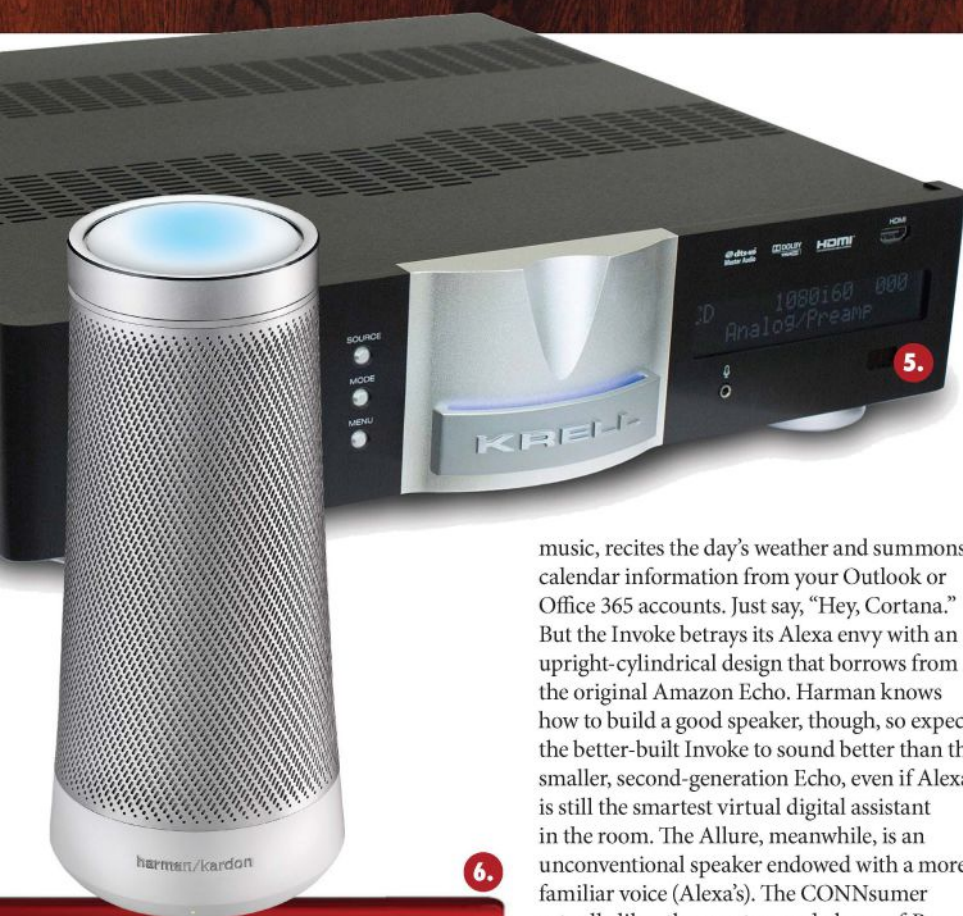
Orange • \$6,000

The Digital Vanguard piece represents modern-day Krell (as in ancient *Forbidden Planet*) with a modular design that starts with a 200-watt amplifier and purist-sound Class A preamplifier built into a single chassis. An optional digital module that adds \$1,500 to the \$4,500 base price — we're including it here because, of course, it's the holiday season — offers USB, HDMI, digital audio connections and Ethernet music streaming. If you can decode the words Roon, Tidal and Deezer (all subscription streaming services), you'll want the digital module. krellonline.com

6. GENICAN VOICE-ACTIVATED GARBAGE-CAN SCANNER ATTACHMENT

Gotcha! What's holiday shopping without a little bait-and-switch? The GeniCan, hard to believe, attaches to your rectangular garbage can or recycling bin, enticing you to scan product bar codes for refills or tell the device you want to add it to your shopping list. Such a (useless) device can only come from the rule-the-world minds at Amazon. But inside every GeniCan is a **6**. Duracell battery — U.S. headquarters in Bethel, even though its executives moved to Chicago — to power the shopping enabler. Duracell, in a nation that runs on batteries, remains a legitimate power broker. *Consumer Reports*, not surprisingly, rates the Duracell Quantum the best available AA alkaline battery in the country. Dump the Geni, save the battery. As every kid knows, Santa sometimes forgets it's battery season. duracell.com

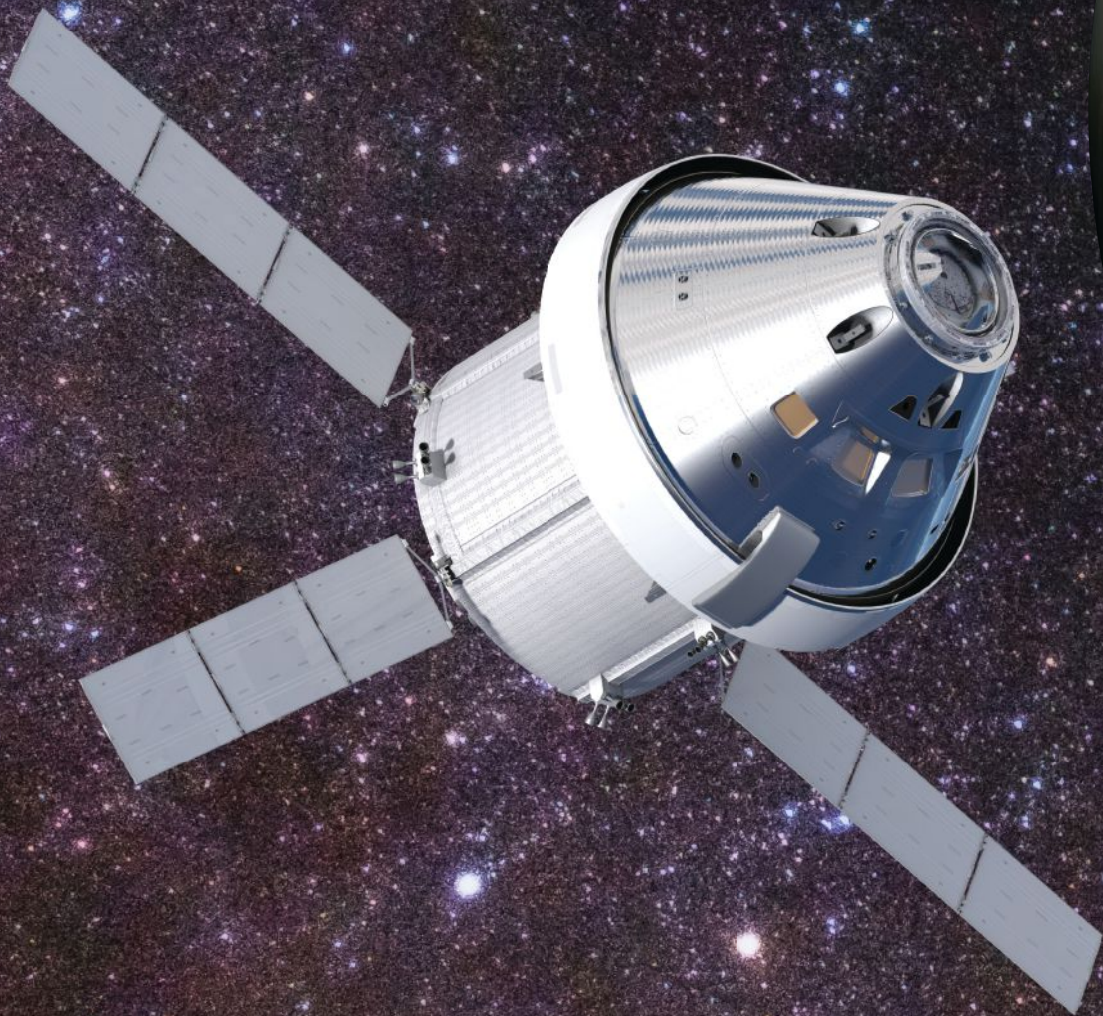
Send your consumer complaints, concerns and tips to CONNsumer@connecticutmag.com.



music, recites the day's weather and summons calendar information from your Outlook or Office 365 accounts. Just say, "Hey, Cortana." But the Invoke betrays its Alexa envy with an upright-cylindrical design that borrows from the original Amazon Echo. Harman knows how to build a good speaker, though, so expect the better-built Invoke to sound better than the smaller, second-generation Echo, even if Alexa is still the smartest virtual digital assistant in the room. The Allure, meanwhile, is an unconventional speaker endowed with a more familiar voice (Alexa's). The CONNsumer actually likes the squat, rounded son-of-Pyrex-storage-container look. harmankardon.com

DURACELL®
QUANTUM

MISSION: MARS





**It's a long way to the Red Planet.
In Windsor Locks, scientists and engineers
are working with NASA on ways to
keep astronauts alive for the voyage.**

BY ERIK OFGANG



"It is good to renew one's wonder, said the philosopher. Space travel has again made children of us all."

Ray Bradbury, *The Martian Chronicles*

TO GET TO MARS, astronauts will have to boldly drink what no one has drank before.

The key to keeping humans alive on the voyage — which will last about 1,000 days round trip — will be sustainability. Not in a hippie, organic-farming way, but in a cold, scientific, gather-every-drop-of-sweat-that-drips-from-your-pores (like the Fremen in the science fiction novel *Dune*) way.

"You can't bring enough water and oxygen for people for that long," says Gary Adamson, principal engineer at United Technologies Corp.'s Aerospace Systems' facility in Windsor Locks. UTC Aerospace Systems will provide life support and thermal control for the Orion spacecraft, NASA's next-generation spaceship designed to carry humans farther into space than we've ever gone and provide a stepping stone to Mars.

Because of storage limitations and the duration of the future Mars mission, Adamson says, "We have to generate everything, recycle everything, so we're creating a closed-loop environment like we have on the Earth. We're recycling all of the water and cleaning out the air and regenerating oxygen, to keep the environment livable for people."

In addition to gathering sweat, urine will be filtered. All this is done to some extent on the International Space Station, but on the way to Mars they'll take things a somewhat disgusting step further thanks to a state-of-the-art "space toilet" that won't let anything go to waste.

"Your feces is 50 to 55 percent water, so we can dewater that, you can dry it out and compress it and stabilize it," Adamson says. He adds that, once stabilized, the water collected from astronaut excrement can be filtered, distilled and used to generate breathable oxygen as well as drinking water.

Adamson explains this last part almost sheepishly, as if trying not to giggle.

Or maybe that's me trying not to giggle.

We're in a nondescript conference room inside building 9A of the sprawling, multi-building United Technologies complex in Windsor Locks. Though the conference room is typical, the building is anything but. To get inside I have to provide my country of birth, country of citizenship, name of my company and its country. I must be escorted at all times in the building and, even accompanied by employees, the areas I'm granted access to are limited.

On the way to the conference room, where I meet Adamson and another engineer, I'm led down a long hallway stretching the length of city blocks in both directions. I briefly glimpse a mammoth room filled with more cubicles than I've ever seen. We pass a door that warns foreign nationals from passing beyond it.

Top: Concept drawing of a NASA craft, with Orion attached, collecting a boulder from an asteroid, one step in a multi-part plan to reach Mars. NASA

Opposite page: Engineers and astronauts conduct testing in a model of the Orion spacecraft at NASA's Johnson Space Center in Houston to gather the crew's feedback on the design. NASA/RADISLAV SINYAK

Previous page: An enhanced mosaic of the Valles Marineris hemisphere of Mars. NASA/JPL-CALTECH
Concept drawing of the Orion spacecraft NASA

The precautions are intense but not without reason. UTC Aerospace Systems often does classified work. I have never gained access to the UTC Aerospace site in Danbury despite multiple requests. (In the 1960s and '70s, the recently declassified Hexagon spy satellite's optical system was designed there, and information about current work is sparse.) Inside this building in Windsor Locks, about 100 men and women are working on making the next epoch of humanity's exploration of space a reality.

THE FIRST STEP TOWARD

NASA's ultimate goal of carrying humans to Mars is the Orion spacecraft. In December 2014, Orion had its first unmanned test flight. Launched from Florida on the Delta IV Heavy rocket, it flew two orbits around Earth in 4½ hours, reaching an altitude of 3,600 miles above the Earth, 15 times higher than the International Space Station, before splashing down in the Pacific Ocean. The next test is scheduled for some point in 2019, but there have already been delays and may be more. This next mission, called Exploration Mission-1, will also be crewless but will last 25 days. During

the mission, Orion will make a large orbit around the moon, going farther into space than humans have traveled in the past before returning to Earth. Then, in the 2020s, Exploration Mission-2 will travel the same path as Exploration Mission-1 but with humans on board.

Ultimately, future Orion missions will establish a base beyond the moon at what's called a Lagrange point, a spot in space where the gravitational pull of multiple celestial bodies creates an equilibrium that allows an object to remain stationary. "They're parking lots, basically; there's no gravity, so you can sit there," Adamson says.

Future missions may take astronauts back to the surface of the moon or even an asteroid. Then, if all goes as planned, in the 2030s, the base will serve as a launching point for a journey to Mars which will take place in a modified Orion spacecraft or a new craft.

The primary contractor for Orion is aerospace giant Lockheed Martin, but that company has subcontractors working on the project in 48 states and Puerto Rico. In addition to UTC Aerospace Systems, more than 20 other Connecticut companies are involved, but UTC Aerospace Systems is among the largest Connecticut

subcontractors and one of the most important anywhere, as it is tasked with creating a living environment for astronauts.

"UTC Aerospace Systems has been a partner of NASA's for over 50 years," says Diego Mugurusa, Orion's lead systems engineer of space systems, repeating key UTC talking points. "Our life-support systems kept John Glenn alive as he first orbited the Earth and enabled Neil Armstrong's first steps on the moon. We were there for every shuttle mission, keeping astronauts alive in space with our life-support-system equipment and we're the prime contractor for the extravehicular mobility unit (EMU), also known as the spacesuit. The EMU is like a mini spacecraft, it provides everything that an astronaut needs to stay alive in space. Water, oxygen, temperature control and CO2 regulation."

UTC Aerospace Systems will provide active thermal control, power management and distribution hardware for the upcoming unmanned Orion mission, and will add environmental-control and life-support systems for subsequent crewed Orion missions.

Robert Kundrotas, the Orion program manager at UTC Aerospace Systems who has been working on the spacecraft since





Above: Lockheed Martin tests the Orion crew capsule, which NASA hopes will take astronauts to Mars in the not-too-distant future. LOCKHEED MARTIN

Right: Concept drawing of the Orion spacecraft in flight. NASA



2006, says Orion and the Mars mission overall present many new challenges. “It’s not necessarily that the technologies are different from [the] shuttle or from [the space] station or some of the other programs we’re working on, it’s really the environments that they’re subjected to. There’s a big difference between being in low Earth orbit [where the International Space Station is] for hardware, and having that same hardware go all the way out to Mars.”

To ensure that the hardware designed and built by UTC Aerospace Systems can withstand missions to space, each piece of equipment is rigorously tested. To recreate the violent rocking of takeoff and landing, shaker tables are used, while vacuum chambers simulate the vacuum of space, and thermal cycle chambers produce the extreme temperatures the equipment will have to endure, among other tests.

Though we think of space as cold, it can also be extremely hot. During the Orion test flight in 2014, the temperature outside the spacecraft soared to 4,000 degrees

Fahrenheit. Temperatures also tend to soar inside the craft as machinery generates heat. The thermal-control system’s job is to pump the heat out of the aircraft.

Orion will be used to establish what NASA calls a deep-space habitat — likely a small space station of some type — that will be used as a launching ground for a future mission to Mars. It is on this future mission that the sustainable work Adamson is primarily focused on becomes important.

Many environment-recycling techniques have been tested on the International Space Station, but Adamson says to get to Mars this recycling loop will have to be closed tighter. “The space station is probably about 50 to 75 percent loop closure for oxygen and water. We’d like to raise that up to 98 percent. As you can imagine it’s always the last pieces that are the hardest. That’s why now we’re looking at solid waste matter. The space station doesn’t do anything with that; they compress it, and it’s garbage.”

As we sit talking in the conference room, Adamson reminds me water is being

shed constantly from our bodies, and that on the spaceship to Mars fans will snatch up all that humidity in the air and convert it to drinking water.

Of course, surviving the trip in a healthy manner will require more than water. Exercise devices will be designed, and Abramson says “all of our systems have to be able to handle so much exercise a day, so much eating, sleeping, all that. When you exercise you’re generating a lot more moisture and your metabolic rate is a lot higher, so our system has to be able to handle that peak load of activity.”

Exercise on a mission to Mars would be staggered to decrease such peak loads as much as possible. Adamson says exercise will be important for astronauts to keep up bone strength.

There is also work being done at NASA to ensure astronauts stay connected to those on Earth during the mission, through video calls and frequent interaction. In September, six NASA researchers emerged from an eight-month experiment in which

they lived in a Mars-like habitat on a remote Hawaii volcano since January. They ate primarily canned or freeze-dried foods and wore spacesuits when they left their small, domed living space. Their communications with the outside world were subjected to the same delays astronauts will encounter on a mission to Mars. The study was designed to measure the effects of long-term isolation on stress, overall psychology and team dynamics.

Like this mission-to-Mars simulation, the work Adamson, Kundrotas and other engineers at UTC Aerospace do can be

difficult. It requires long hours and lots of calculations and tests.

"You have to keep it at that level over there," Adamson says, gesturing to a picture of the International Space Station. "That's the exciting stuff. What we do every day is a lot of grunt work."

Kundrotas says, "It's a tough place to work in, in space. Especially because of what that equipment has to do, everybody here knows that." He adds that all the hard work becomes worthwhile when you actually witness a rocket launch and see and feel something you've helped build

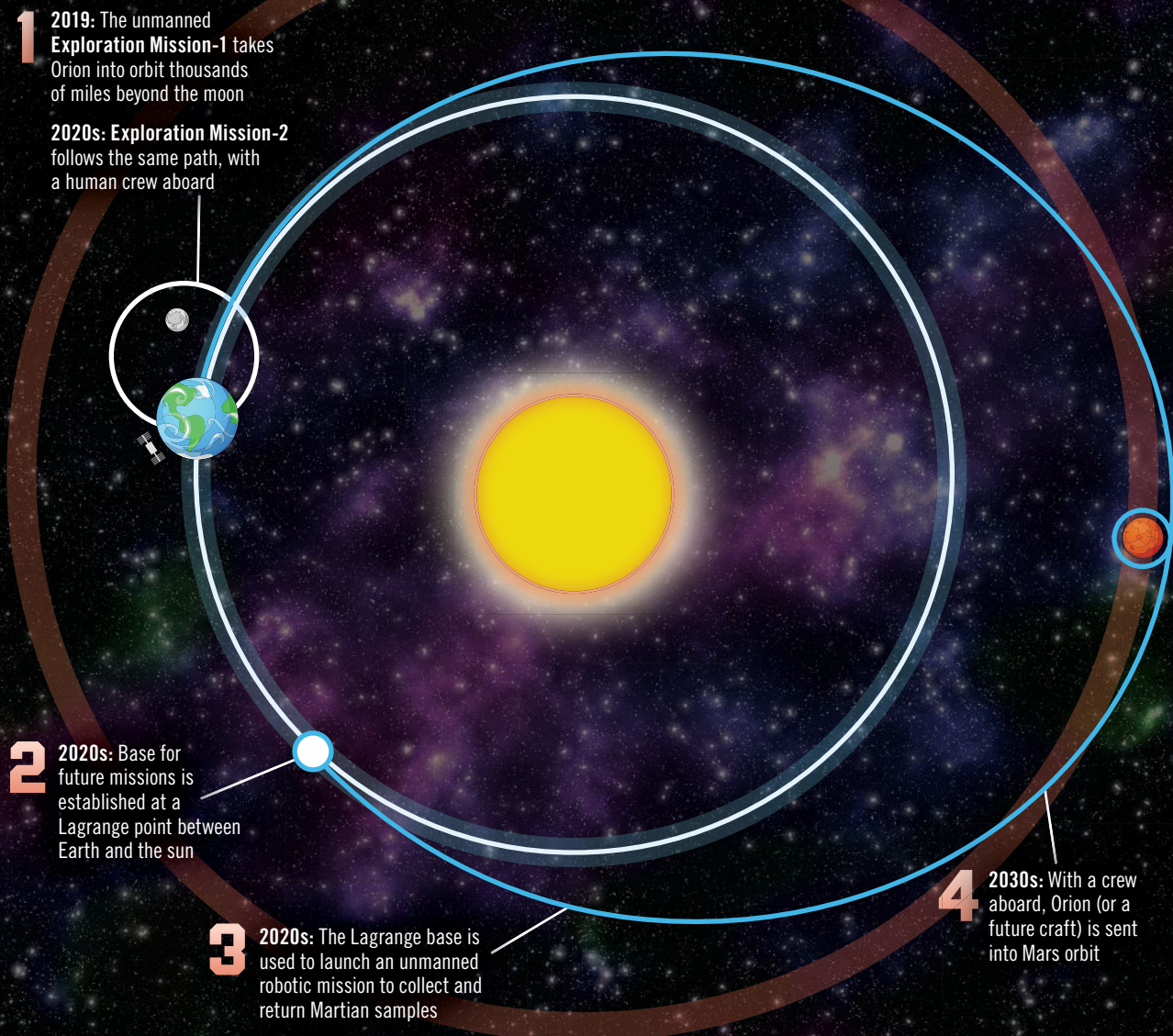
launch into space. "That's when you really know that you did something really well, because you get to see your hardware go."

A FEW WEEKS AFTER MY initial visit, I return to Windsor Locks. Once again security is tight. I take a picture as I approach the building, and almost immediately I'm politely but firmly told to delete the photo from my phone.

Today, officials from NASA and Lockheed Martin are on site, including former NASA astronaut Dominic "Tony" Antonelli,

THE PATH TO MARS

The Orion spacecraft plays a pivotal role in NASA's plans to explore the Red Planet. Here is a (very simplified) look at how we'll get there.




HOW FAR IS MARS?

Average distance from Earth to the moon (238,900 mi.)

Average distance from Earth to Mars (140,000,000 mi.) — A one-way voyage actually covers 2-3 times that distance.

x10



The United Launch Alliance Delta IV Heavy rocket, with NASA's Orion spacecraft mounted atop, lifts off from Cape Canaveral in Florida in December 2014. It was Orion's first test flight, as the unmanned craft orbited the Earth twice before splashing down into the Pacific. More flights are in the works, but with a newer, more powerful rocket.

now director of advanced programs of Lockheed Martin's civil space line. U.S. Rep. Elizabeth Esty, D-5, a member of the House Science, Space and Technology Committee, is also on hand to tour the facility and hold a press conference with other officials.

"On the science committee there's broad support for deep-space exploration," she says during the press conference. "Frankly, most of us on the committee are on the committee in part because of our commitment to basic science research and to the U.S. being at the forefront of exploration."

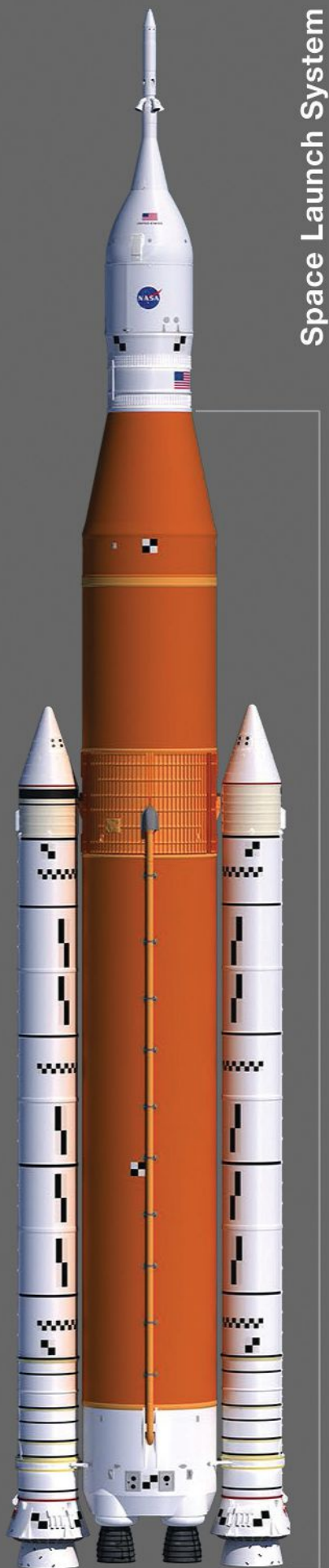
However, there is not universal support for Orion and the ultimate mission to Mars it's designed to enable. *Washington Post* columnist David Von Drehle wrote a column in October with the headline "The mission to Mars is one stupid leap for mankind," arguing that funds for space exploration would be more wisely spent on making life on Earth better.

And when it comes to Mars exploration, NASA is not the only player. SpaceX founder Elon Musk is one of several billionaires who have expressed interest in a civilian-funded voyage to Mars. Musk has even said in the past that he wants "to die on Mars, just not on impact."

Esty acknowledges, "We're seeing some competition, some private companies that are competing for this work," and says agencies need to be nimbler, and Congress and taxpayers want to see transparency from this work. She adds that much of it, especially the type of recycling work being done in Windsor Locks, could have uses on Earth.

After the press conference, all the UTC Aerospace employees working on Orion gather in an auditorium. Antonelli, the former astronaut, addresses them, emphasizing how important the work they do is. "Somebody is literally counting on you for their next breath. I don't spend a lot of time when I'm on Earth thinking about if I'm going to get my next breath, [but] there are folks right now in orbit that are counting on you for their next breath."

At the conclusion of the speech the Boeing and NASA officials present the team with a banner. On it is an artist's rendering of the Orion spacecraft flying through space. Below the craft, written in bold movie-poster letters, are words that recall the spirit of adventure of yesteryear: "the road to Mars goes through Windsor Locks." ■



Space Launch System



Orion Spacecraft

SPACE LAUNCH SYSTEM

The Space Launch System is a powerful launch vehicle, which will allow astronauts to reach destinations beyond low-Earth orbit and throughout the solar system. This launch vehicle will be capable of launching Orion to an asteroid, the moon and on the journey to Mars.

ORION SPACECRAFT

1 Launch Abort System

The launch abort system, positioned on a tower atop the crew module, can activate within milliseconds to propel the vehicle to safety and position the crew module for a safe landing.

2 Crew Module

The crew module is capable of transporting four crew members beyond the moon, providing a safe habitat from launch through landing and recovery. Inside the familiar deep-space capsule shape are advances in life support, avionics, power systems, and advanced manufacturing techniques.

3 Service Module

Created in collaboration with ESA (European Space Agency), the service module provides support to the crew module from launch through separation prior to entry. It provides in-space propulsion for orbital transfer, power and thermal control, attitude control and high-altitude ascent aborts. While mated with the crew module, it also provides water and air to support the crew.

INFORMATION & GRAPHIC: NASA



Above: Black Wolves player Bill O'Brien greets fans before a game.

At right: The Wolves' Kevin Buchanan flies in toward the goal.

PHOTOS: NEW ENGLAND BLACK WOLVES



THE CREATOR'S GAME

BY MICHAEL LEE-MURPHY

WITH THE INDIGENOUS GAME OF LACROSSE, MOHEGAN SUN'S BLACK WOLVES CELEBRATE NATIVE AMERICAN HERITAGE ON THEIR OWN TERMS



Some people argue that football was born in Connecticut. The first person to give the game its structure of downs and the line of scrimmage, to put order on the chaos of what it had been, was Walter Camp, a man from New Britain who coached at Yale. The sport of basketball was born just up the road in Springfield, Massachusetts, invented by a gym teacher named James Naismith.

Lacrosse is different. Long before Europeans arrived on this continent, the game was already being played by the

Onondaga, the Oneida, the Mohawk, the Cayuga, the Seneca and the Tuscarora — the six nations of the Iroquois Confederacy. Also known as the Haudenosaunee, the people of the confederacy stretched across the places that we today call Pennsylvania, New York, Ontario and Quebec. The indigenous people of North America refer to lacrosse as *the Creator's game*, its roots flowing back since time immemorial, a gift from the Creator himself. French Jesuit missionaries who observed the game in the 1600s called the game *la crosse*, meaning “the stick.”

On Dec. 8 the New England Black Wolves of the National Lacrosse League will open their fourth season against the Georgia Swarm at Mohegan Sun Arena in Uncasville. The Black Wolves are the only professional lacrosse team owned and operated by a Native American tribe, the Mohegan of southeastern Connecticut.

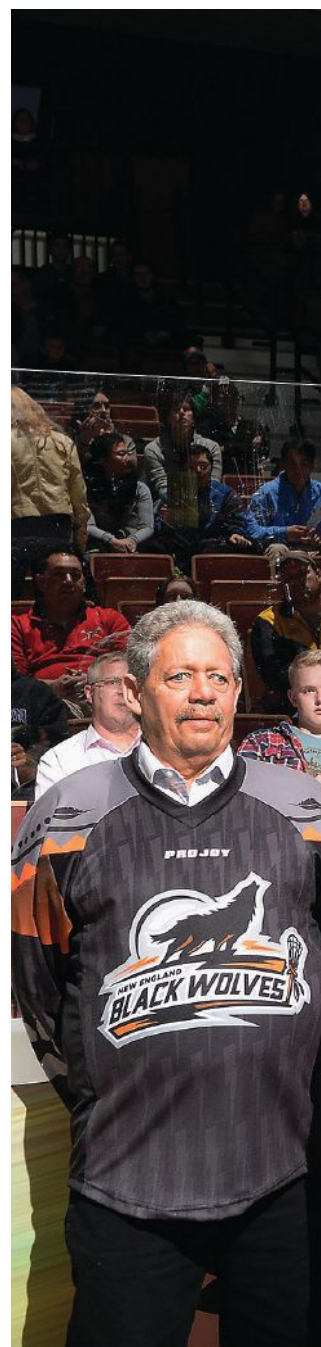
For Kevin Brown, the chairman of the Mohegan tribe, there is a certain magic, and pride, in that symmetry. He describes the 2014 decision to purchase and relocate the Philadelphia Wings franchise: “Wouldn’t



Above: Young fans greet Black Wolves players as they walk onto the field.

Right: Dr. Lynn Malerba, Chief Many Hearts of the Mohegan tribe, right, during a pregame ceremony.

Far right: Mohegan Tribal Chairman Kevin Brown (stick raised) celebrates with other members of the Mohegan Tribal Council prior to the first game in Black Wolves history.



it make sense to bring the Creator's game onto the Mohegan Reservation, and have the sport played here, where you know the sport originated in our native American land. That's where it sort of commercially and culturally collided as feeling like the right thing to do," Brown says.

North American professional sports have a long history of teams using Native American mascots in demeaning ways. Fan protests have sprung up around the Cleveland Indians of Major League Baseball and the Washington Redskins in the National Football League, as indigenous people have decried both names as racist. Thus for the Mohegans deciding to rebrand the Philadelphia Wings, the decision to name the team was not a purely commercial one. The group in charge of naming and

branding the team had to get the branding approved by the elders of the tribe, who vetoed the initial name idea, the Warriors.

"That's how decisions are made around here," Brown says. "The concern was, how do you ever get that genie back in the bottle? Because once you're the Warriors, whether you want them to or not, fans are going to show up with a headdress on."

The second idea for a name, the Black Wolves, stuck. According to Brown, the word "mohegan" is a transliteration of the Mohegan word "muks," meaning wolf. The branding, Brown says, was an "opportunity for us to enter the fray, in that conversation, and demonstrate how you can respectfully acknowledge Native American culture with a team name without making it cartoonish or derogatory."

Over the years, several players on the Black Wolves have been Native American. Brett Bucktooth, who just retired after 11 seasons in the NLL, his last three with the Black Wolves, is a member of the Onondaga nation in upstate New York.

According to Bucktooth, the way he grew up with the game meant that it wasn't measured in terms of wins and losses, but in terms of spiritual health. "It's a medicine game," he says. The traditional version of the game is played with a wooden stick and a leather ball, accompanied by a prayer. "The game is a gift from the Creator, to be played for his enjoyment," Bucktooth says. The game "should be played with such reverence that everybody leaves the game feeling happy, with a clear mind," he says.



Bucktooth and other players have run clinics for the children of the Mohegan tribe, teaching the game. "Every time you hand a kid a stick, it's passing on our culture," Bucktooth says. The deep feeling players such as Bucktooth have for the game is not an abstract or academic one, and at times has had profound consequences on the field of play. During his playing career, Bucktooth played on the Iroquois national team. On their way to England to compete in the world championships in 2010, the team chose to travel using the Haudenosaunee passport, rather than U.S. or Canadian passports. The decision to use the passports, Bucktooth says, cuts straight to the core of his and his teammates' sense of self. "We're a sovereign nation ... we're not U.S., we're not Canadian. We're Haudenosaunee," he says.

The British government refused to allow the team to travel on the Haudenosaunee passports, so the team forfeited its matches.

Since retiring from the NLL, Bucktooth coaches under-13 Haudenosaunee players. He says when the Iroquois Nationals team travels to Israel for the 2018 Federation of International Lacrosse tournament in July, the team will again travel on Haudenosaunee passports and deal with the consequences when they happen.

Among the many versions of the Creator's game, the New England Black Wolves play indoor lacrosse, also known as "box." Distinct from the field game known to the suburbs and prep schools of New England, box lacrosse is defined by a smaller field, tighter spaces and faster action. There is a shot clock, forcing the

players to push the ball up the floor and toward the opponent's goal.

Black Wolves coach Glenn Clark says this means certain plays are made in box that just aren't made in the field version. Players that would seem to be covered in field lacrosse are open in box. The origins of box lacrosse come from the harshness of the Canadian winter. Fields would freeze over, so players would take the game to hockey rinks without ice.

The Black Wolves are coming off an 8-10 season and are hoping to break into the playoffs. According to Mohegan Sun, the fans are coming along, too, with the team registering its first home-sellout crowd of just over 7,000 in January of last year. There are 18 regular-season games, with nine played in Uncasville. ■

BUYERS' Markets



**Two Independent
Grocery Stores
Just Blocks
Apart in
New Haven
See a Path
Forward by
Feeding Their
Customers' Desires,
But in Different Ways**

By Brian Lance

I planted a garden a few years ago, hoping to feed my family homegrown vegetables through the summer and fall, and into winter, if the canning worked. I pictured something from the book *The New Victory Garden*, a back-to-the-Earth utopia.

Reality and nature quickly took over. Aphids devoured the Brussels sprouts. The lettuce bolted and turned bitter. The tomatoes conquered the garden and had to be pruned with a machete. I harvested baskets of them, and I canned them. Then in mid-winter I dreamed of homemade marinara. The jars of plump plum tomatoes opened with a *psssst*, and up came the bubbles. So much for sauce. The peppers dried as planned, but you can't feed a family on crushed cayenne.

The home-agriculture and food-preservation skills needed to sustain a family are limited to subcultures of mainstream America — as my experience shows. Who has time for weeding and canning? Today, gardening (and hunting) for many Americans only supplements our daily meals. Enter the grocery store.

Michael Ruhlman's *Grocery: The Buying and Selling of Food in America*, published this year, is a biography of the American grocery store — the most essential yet

overlooked reason for life as we know it. Reading it made me wonder: What are grocers doing in Connecticut? Who are they? What do they have that we can't find at Stop & Shop or Costco?

Those questions in mind, I scoured the state to find independent grocers with rich backstories and plans for the future. I narrowed it down to two: Ferraro's Market and Elm City Market. The stores happen to be within blocks of each other in New Haven. In their own ways, they illustrate both the time-tested and future trends of grocery shopping. They also reflect the power of food to unite us, even if the means of getting that food might stress us out.

FERRARO'S MARKET

I pull into Ferraro's Market and watch the customers in the jammed parking lot. Construction workers in reflective vests take a break from rebuilding the Farnum Courts housing project across the street, swarming the outdoor eatery window. Moms tote their kids. Elderly shoppers mosey to their cars, their goods carried by store employees. Here, the boundaries of American society — race, class, ethnicity — seem to lower, if only long enough to shop.

But, I confess, the first time I went to

Ferraro's Market I balked based on the neighborhood. I didn't go in. Big mistake. And it was pretty judgy for someone who once prowled the night markets of Beijing and Bangkok, and sought *cuy* in Quito. Had I done my homework, I'd have known that in his book, *Heart and Soul in the Kitchen*, renowned chef and Madison resident Jacques Pépin writes:

I buy my rabbit (and much of my meat) at an independent supermarket in New Haven, Connecticut, called Ferraro's. It has managed to stay competitive by adhering to the old-fashioned dictum of giving customers exactly what they want. Over the decades, those customers have come from increasingly diverse ethnic backgrounds, which has made Ferraro's a one-stop United Nations of food shopping. They would no more run out of rabbit, pigs' feet, kidneys, chicken feet, octopus, and chitterlings than they would chicken.

I shush my remaining apprehensions and grab a cart, choking on the cliché about books and covers. Inside, I'm



PHOTOS: ARNOLD GOLD

Top: John Peters helps a customer in the meat department at Ferraro's Market.

Above: Culinary director Jacque Coulthard slices pattypan squash, a type of summer squash, for roasting at Elm City Market.

Opposite page: Elm City has a robust selection of probiotic beverages, including kombucha.

overwhelmed by my entrance into, not the produce department as in most stores, but a meat department that would shame most butcher shops. Meat rules the Ferraro kingdom. I wheel past dozens of hot dog and sausage varieties. And I find, like Pépin, that Ferraro's stocks nearly every

part of the common meats, and some of the rarities, including veal hearts — a winter treat from my childhood when braised in a soffritto served by my Italian grandmother.

I fill my cart as other customers debate the best pork chop cut, how to cook a porchetta or what to serve with osso buco.

All the while Frank Sinatra and Rat Pack classics play in the background.

Morris Barron drives from Meriden to Ferraro's. He picks out packs of ham hocks and other meats and puts them in his cart.

"Why drive all the way down here to shop?" I ask.

"For the meat," he replies. Barron says he used to shop at Antonelli's in Waterbury, but Ferraro's has better deals, more variety and higher quality. "Steaks, ribs, everything," he says, moving toward the checkout.

The meat department manager leans over his elevated counter as if an old-world marketeer and shouts, "We're marking down steaks here, ribeye! Great price on breaded veal cutlets!" The customers nearby seem to listen. They approach to see his offerings. A chorus of "heys" and "ohs" erupts in the meat locker.

Ferraro's jars me from the humdrum of grocery shopping. It takes me back to my grandparents' house at its peak of culinary vitality. I would raid their cavernous basement pantry for sweets (never the anisette cookies) and then open their two fridges and deep freezer just to gaze and wonder what was for dinner that night.

I must shake my awe, otherwise I might circle the aisles all day, their tiled floors



Above: Joham Gebo picks out organic leeks at Elm City Market.

Opposite page: Alan Unger stocks onions in the produce department at Ferraro's Market.

my memory lane. I find the store manager, Al Lauro. He has worked there for 15 years, starting first in the kitchen. Lauro is a tall, mild-mannered guy, who shrugs and says, "I have no idea how I got to be the manager." The path of Lauro's success, however, becomes clear as he leads me through the store, so I can meet Peter Ferraro, the owner. Lauro stops to shake hands and greet customers. He knows their names. He knows the names of their kids. He hugs an elderly woman at the deli counter, asks about her family. This personal touch is what separates Ferraro's, and other independent stores, from the corporate chain stores that threaten their existence. That touch is genuine, not some prescribed best practice from a company handbook. And the people Lauro greets seem to know that.

Before we breach the plastic curtain that keeps customers out of the back room, Lauro points up to a large portrait above the meat counter. In it, a young man wears an Army uniform with his black hair slicked back.

"That's Sal Sr.," Lauro says. He gestures toward another portrait. "And that's him again with his wife and Sal Jr. when he was a baby."

The portraits are two of many hanging about, a visual history of the family that has run the store since it opened in 1974. If a genuine personal touch helps the store in the face of competition, so does its family identity. The notion seems infectious as

other employees stop to tell me how long they worked there or how they grew up with the Ferraros.

Lauro leads me into the back rooms through a cold, dim corridor — the Sinatra getting louder — to a staircase that spirals up a story.

"You'll get your exercise today," he says, starting to climb.

I'll need it, I think, with all the meat I packed into my cart.

Lauro leaves me with Peter Ferraro, who sits behind a metal desk. The door to his office still bears a placard that reads *Sal Ferraro Jr.*, Peter's late older brother who took over the company from their father and ran it until his death seven years ago. Peter and his three brothers — Sal Jr., John and Mark — were all born into the business. Sal Sr. had dropped out of school at 12 and worked in a butcher shop. Meat became his career. So, when he opened his own store, Sal Sr. stuck to what he knew and built Ferraro's Market with meat as the main course.

Peter and his brothers grew up in Hamden, but he started working in the New Haven store at 15. Spending time in the inner city introduced him to different cultures as the community grew and changed with new immigrant groups entering New Haven. Those groups have had a strong influence on the foods sold by Ferraro's. Peter, himself, tries to stay connected to his Italian immigrant

heritage. He keeps a garden, makes wine and raises ducks and chickens for eggs.

He admits that he's seen the effects of a society that cooks less, one where many culinary traditions have been lost as families grasp for time. In the past, it was enough for Ferraro's to stock the ingredients needed for a holiday meal, Peter says. "Now," he continues, "we have to make the pies here."

Prepared foods, grab-and-go meals, or whatever other name they might go by, are now a big part of the grocery business. Go into any store, and you'll find coolers with salads, sandwiches and soups ready to eat, requiring only a reheate. Rotisserie chickens have long been popular. Today, though, it's possible to bring home multi-course gourmet meals, all cooked in a store. Ferraro's has its prepared foods — handmade cavatelli that sold out before I could get back to it, stuffed Cornish game hens and my beloved soffritto — all cooked by the store's executive chef, Guiseppe Fappiano. Despite this, Peter feels the competition closing in. Places like Ferraro's strain against the pull of warehouse clubs including Costco, BJ's and Sam's Club. Then there are the retailers — Stop & Shop, Big Y and Walmart — who stifle independents by slashing prices below the profit margin of their smaller competitors.

"We've always sold more meat," he says. "But there's more pressure as the years go on."

To offset that pressure, Peter now runs

two satellite stores, one in Wallingford and one in Madison. There, customers can pick up online orders or walk in to buy meat sent over from the main store. He also plans to expand the role of a recently purchased Dodge Sprinter, hoping to soon bring goods to farmers markets.

Peter shows me back down the spiral stairs. When we emerge into the bustle of the meat department, we shake hands, and he mingles with a crowd of employees and customers. All of them go on chatting.

Sure, Ferraro's Market might not be photogenic. But at its core, it doesn't need much glitz; it has Jacques Pépin as its champion. Moreover, with its food and family, Ferraro's provides a common ground for communities to bond and for people like me to eat their doubts.

ELM CITY MARKET

At Elm City Market, customers choose organic greens and employees preen the kombucha cooler — all to Prince's "1999." A barefoot toddler pushes a mini cart to the baked goods and demands a cupcake (he points to a muffin), while his mother, in her yoga clothes, frets about his sugar consumption. In the market's kitchen, people wait to order the line-caught tuna melt or the truffle grilled cheese, perhaps to wash down with a Fentimans dandelion and burdock soda.

Although less than a five-minute drive from Ferraro's, Elm City Market might as well be in another world, one defined by the motto printed on its windows: "Everything you *need*, but mostly stuff you *want*." It's also nestled beneath the chic 360 State apartments, putting new urbanism into practice by giving residents a place to shop at home, or perhaps customers a place to live. Neither world is better than the other, just unique bodies orbiting in the universe of American grocery stores.

Again I confess, like at Ferraro's, the first time I visited Elm City Market I bailed. I had circled the aisles, frenzied, if not manic, trying to find the heart of the store that refers to itself as "New Haven's Super Urban Market." I searched and searched, often glazing over as I stared into the abundance and variety of hip products. How long did I contemplate the recycled commodities — toilet paper, garbage bags, aluminum foil — that I never knew could be recycled or resold? When did raw milk become legal? Should I pay \$6.99 for the Farmhouse Culture kimchi-flavored "Gut Shot," and if I did would that probiotic powerhouse annihilate all my bad flora? Would it even taste good?

Beside me, Sam Tucker is slipping bottles of kombucha into a basket. The Yale junior from Wilton shops at Elm City partly for its proximity to campus. But he also says he



can "find things here that are not at Stop & Shop." His selection of beverages proves this.

I left dizzy.

Now, I'm back. I elude the temptation of probiotic beverages, and even the shade-grown coffee, en route to the kitchen to meet with who I suspect is the driving force behind this chic market — Chef Jacques Coulthard. But the cheese distracts me. The case is curated by in-house cheese mongers including Jeff Laboda and Chuck Ruwet. Ruwet takes me through it. All the products are organized so the setup represents the world geography of cheese. Everything in its place. Alpines. Cheddars. Sheep's and goat's milk. Blues and bries. Washed rinds. And a small selection of artisanal charcuterie.

After the tour, I find Coulthard at the Market Kitchen, and she's as busy as any chef, dealing with logistics and directing her team of cooks. I follow her out back to where the market abuts businesses on the other side of the block, forming a courtyard. Coulthard is originally from North Carolina, which lends street credit to what she considers Elm City Kitchen's best sandwich, the Cubano, made with pulled pork — her grandmother's recipe. She tasted the world as a military kid, graduated from the culinary program at Johnson & Wales in Providence and continued to travel, always cooking. She arrived in New Haven via Portland, Oregon, and brought with her inspiration from the West Coast food scene. She redesigned the menu at Elm City to be healthy, mostly limiting recipes to five ingredients and using no pre-made food. This, however, is not to the exclusion of comfort food such as the mac-and-cheese cupcakes.

"I took about 100 recipes I had in my back pocket and implemented them here," Coulthard says.

"So, with all your experience, why be a

chef at what is essentially a grocery store?" I ask.

"I knew all about how a restaurant eats, sleeps and breathes," she says. "I wanted to learn this last aspect of cooking." Plus, the cheese case helped convince her.

What Coulthard says reflects the direction of many grocery stores today. They toe the line between what we think of as a store and a full-service restaurant. Of the several stores I visited in Connecticut, a few had all but eliminated their produce, meat and dairy departments. Those stores had no commodity aisles, no breakfast cereals or frozen pizzas — unless you count their store-made, take-and-bake flatbreads. They had become cafeterias, where customers go to order from the troughs of kale mango quinoa; winter tabbouleh with pomegranate, mint and eggplant; or Atlantic salmon cakes. Even though Elm City Market seems to be empowered by Coulthard's kitchen, one could fill a fridge and pantry with its products and cook meals at home, or even cook for a family entirely with items bought there.

Still, in all this marveling of the local organic, the innovative, the probiotic, where is the notion of family that is found at Ferraro's? Part of it is in Coulthard's care. She tries to run a jovial kitchen, a culinary family held together by the food they make. She hires her cooks only after vetting them with recipe tests. She wants to be sure the candidates gel with the others on the team.

"If the chemistry goes bad, the food goes bad," she says.

More importantly, she incorporates recipes from her cooks' backgrounds. In this, perhaps Coulthard and Elm City Market, like Peter Ferraro and his winemaking, are preserving small pieces of cooking traditions that might otherwise fade. ■

★ AMERICA'S ★ ORIGINAL CRAFT VODKA®



My American vodka beats
the giant imports every day.

Try American! It's better.

— ★ — *Tito*



**VODKA for
DOG PEOPLE**
vodkafordogpeople.com

We created Vodka for Dog People to unite with friends,
fans, and partners to support pet prosperity and rescue.

Visit vodkafordogpeople.com to get involved.

Certified



Gluten-Free

★ **TitosVodka.com** ★
Crafted to be savored responsibly.

DISTILLED & BOTTLED BY FIFTH GENERATION, INC. 40% ALC./VOL. © 2017 TITO'S HANDMADE VODKA.



| the connecticut table |

REVIEWS, FEATURES, RESTAURANT LISTINGS



Food Alliance

BEAR'S AND MILLWRIGHT'S OWNERS
JOIN FORCES AT THE COOK & THE BEAR
IN WEST HARTFORD

Pulled pork with slaw and tarragon mustard

©JEFF KAUFMAN

BY ERIK OFGANG

A few years ago, Tyler Anderson, the James Beard Foundation Award-nominated chef and owner of Millwright's in Simsbury, was toying with the idea of opening a barbecue restaurant. But in 2013, Jamie "The Bear" McDonald opened the first Bear's Smokehouse in Windsor (he has since opened locations in Hartford and South Windsor), and Anderson knew the plan had to be adjusted.

"Jamie came along with Bear's and I think that people are very loyal to their barbecue, and once somebody's in town doing it really well — it wasn't the sort of thing where I wanted to compete with Jamie," Anderson says. "So, it was sort of like if you can't beat 'em, join 'em."

Join him Anderson did.

First it was for a series of farm dinners and then a weekly Bear's

popup at Millwright's. These casual collaborations grew into The Cook & The Bear, the much-talked-about West Hartford restaurant from McDonald and Anderson that opened over the summer.

The restaurant's opening was delayed because Anderson had to leave Connecticut for eight weeks for the filming of the new season of Bravo's *Top Chef*, which will premiere on Dec. 7 at 10 p.m. (see sidebar on next page). During that time, anticipation for the restaurant grew in the foodie world. And after a recent visit, I'm happy to report the hype is not unfounded.

The Cook & The Bear is owned by McDonald, Anderson and A.J. Aurricchio. Both McDonald and Anderson are involved with the menu and they've also brought on executive chef Eddy Jones, formerly of Firebox.

A barbecue place with a twist, The Cook & The Bear is a sleek bar and restaurant with a robust cocktail program and emphasis on craft beer. The menu is filled with locally sourced ingredients and slow-smoked cuts of meat you won't find at most other barbecue joints.

Anderson explains that the new restaurant doesn't offer the



**The Cook
& The Bear**
West Hartford

Tyler Anderson Talks *Top Chef*

The Connecticut Chef Will Appear on Season 15 of the Popular Bravo Show

Tyler Anderson, chef and owner of Millwright's in Simsbury and co-owner of The Cook & The Bear in West Hartford, has competed and won on Food Network's *Chopped* and appeared on *Beat Bobby Flay*. This summer he stepped away from his Connecticut kitchen to compete as a cast member on the 15th season of Bravo's *Top Chef*. The show was filmed in Colorado and premieres Dec. 7 at 10 p.m. Though Anderson couldn't share specifics about the upcoming season, he chatted with us about the experience.

What was filming like? You were in Colorado for eight weeks, right?

Yes. It was tough being away from my family and my businesses for that long, but there was something strangely relaxing about knowing my only responsibility while I was there was to cook the best that I could. At this point we have almost 100 employees, three food-service operations and three sets of partners, so it was almost like a spa being sequestered. Some of the other castmates became great friends of mine, so a lot of the time it was hanging out, cooking with people you enjoy spending time with.

What was the biggest challenge of the show you can talk about?

The most challenging part of the show was not letting it get into your head. Most of the time I tried not to think about the fact that what I was doing was going to be seen by millions of people. Sometimes when you think about that it takes you off of your game.

Any moments from the show that you're really proud of?

Honestly, I was just proud to be on the show. When you look at the 200-something competitors that have been on *Top Chef*, there are some really amazing chefs who have been on previously. The season I was a part of was very diverse and extremely talented, so it was an honor just cooking alongside them.

Is being on TV as a chef stressful in a different way than working in a busy kitchen?

My stresses as chef and owner are a lot different now than they were when I was a chef or sous chef working for someone else. I would compare the TV aspect more directly to the stresses I experienced as a non-owner chef. Sometimes, though, you realize that millions of people will see what you're doing and you freak out for a second.

We're in the era of the celebrity chef. Any advice for young chefs starting out in the industry on how to increase their visibility beyond what they're serving on the plate?

My advice would be to let your food do the talking. Focus first on becoming a solid cook and chef; too many people are getting into this industry to get famous. It takes years and years of hard work to even get good at cooking, so do that first.

Beyond TV, with so many avenues of social media promotion available to and expected from chefs, how do you advise balancing all that?

I would say focus first on learning to cook and developing your own style and then focus on the social media element. It is a great way to get a message out about what you're doing with food, but if you put lame food out on social media, you will forever be remembered for it.

What compliment from diners are you most thrilled to receive?

I do this for a living because I love to make people happy. The greatest compliment I can receive is to see them smile while they are in my restaurants. | ERIK OFGANG |



From left, co-owners Tyler Anderson and Jamie "The Bear" McDonald, and executive chef Eddy Jones. ©JEFF KAUFMAN

same cuts as Bear's — except for the brisket, because they couldn't leave the quintessential barbecue delicacy off the menu.

In addition to brisket, you'll find pastrami, served in thick, smoky cuts, and smoked half-chicken served with chimichurri sauce. Inspired by Argentinian cooking, the bird is smoked and then grilled, and is one of the best chickens you're likely to find in Connecticut. Other signature dishes include bacon-wrapped dates stuffed with chorizo, a fusion of meat and fruit, and the burnt end sliders, burnt ends stuffed inside a potato roll.

Although meat is a focus at the restaurant, the place is about far more than meat alone.

"I've always loved cooking with vegetables; it's my favorite medium to cook with," Anderson says.

Items on the menu are marked "v" for vegetarian and "gf" for "gluten free," and there are plenty of both. I visited the restaurant with two vegetarians, both of whom loved the place.

The smoked beets, pickled and topped with the Mystic Cheese Co.'s frost cheese, were as crave inducing as the brisket, as was the broccoli casserole, and I say that as someone who almost never orders anything with the word "broccoli" in it.

Other vegetarian dishes with less emphasis on the vegetable part include the must-try buttermilk biscuits with sesame-honey butter. The biscuits are made by Kristin Eddy, the pastry chef at both Millwright's and Cook & Bear and are reminiscent of the Millwright's biscuits. Though they're made with a different recipe, they are served with the same sesame-honey butter.

The mac and cheese is made with a mix of American cheese, blue cheese and raclette, giving the dish more bite and just a hint of good funk, but not so much that it's overpowering.

The restaurant itself is open with a visual flair that evokes an old-school establishment, speakeasy or even a diner. There are red-and-white awnings over the entrance outside. Inside has polished wood tables, and one wall is covered with stacked wood used to fuel the smoker. There's also a bar with plush red seats.

Speaking of the bar, the cocktails are a definite strength. Under



the direction of bar manager Aaron Stepka, Anderson says the bartenders work like cooks, preparing all syrups, bitters and other flavoring agents from scratch. The Paloma Fizz, with tequila and egg white, and twists on classics such as the Negroni and Manhattan, were impressive. The draft beer list was not large, but was full of quality, with offerings from Kent Falls and New England Brewing Co.

For dessert, the portions and prices are kept small, because Anderson says that after consuming large amounts of barbecue, no one wants a huge dessert. The banana pudding with smoked chocolate and panna cotta topped by a warm apple crisp are both worth saving room for and a bargain at \$5 each.

At first glance the culinary alliance between Anderson and McDonald might seem an odd one. Though equally celebrated in their own rights, Millwright's and Bear's are about as different as two excellent restaurants can be. Millwright's is one of Connecticut's most celebrated high-end spots and offers a seven-course tasting menu with a "pre-dessert" course, while at the original Hartford location of Bear's, the condiment table had a sink for guests to wash up after overenthusiastically indulging in barbecue. But the marriage between these two spots proves a happy one and The Cook & The Bear incorporates elements from both Millwright's and Bear's while emerging as a distinct destination that is sure to become a favorite in the state.



Clockwise from top: pastrami and smoked and grilled chicken combo; the Green Monster, Zombie and C&B Old Fashioned; banana pudding with smoked chocolate.

The Cook & The Bear

50 Memorial Road, Blue Back Square, West Hartford
860-595-3345, thecookandthebear.com

Price range: Snacks \$5.75-\$8.50 (bacon-wrapped dates \$6.25, burnt end sliders \$10.25), from the smoker \$8-\$24.50 (beets \$8, brisket and pastrami \$11, half-chicken \$9.50, full chicken \$18), sides \$4.75-\$7 (buttermilk biscuits \$5.75, broccoli casserole \$6.50, mac and cheese \$7), desserts \$5-\$6 (banana pudding and panna cotta \$5)

Hours: Mon.-Wed. noon-11 p.m. (kitchen closes at 10), Thu. noon-midnight (kitchen closes at 10), Fri. & Sat. noon-midnight (kitchen closes at 11), Sun. noon-10 p.m. (brunch menu until 3; kitchen closes at 9)

Wheelchair accessible

AMBIANCE Hip, sleek and modern, with cool and unique design elements, including murals painted by a local artist. It's good place to meet up with friends.

SERVICE Friendly and well coached. Our server had a quirky sense of humor. She explained the cocktails and helped us navigate a complicated ordering system that the restaurant was trying out after opening but has since dropped in favor of a traditional ordering procedure.

FOOD High-end barbecue dishes made with locally sourced items are at the heart of the menu, but there are also plenty of vegetarian options, as well as gluten-free items. Fans of either Millwright's or Bear's will find plenty to enjoy.

Sandwich Hero

MYSTIC'S GRASS & BONE CAN BE YOUR NEW SANDWICH SHOP & BUTCHER

BY MICHAEL LEE-MURPHY

A sandwich is a common thing. Delis and grinder shops can be found throughout our state. But once in a while a new sandwich comes along and causes us to look with fresh eyes at this most classic of foods. Down in Mystic, the brains behind the operations at seafood-focused Oyster Club and burger-centric Engine Room have launched a new venture called Grass & Bone, structured around making the best sandwiches they can, with the freshest, most locally sourced ingredients they can muster.

How fresh is the meat that goes into the sandwiches? Most of it is sitting in large fridges out on the floor of the restaurant, lit up for the whole restaurant to see, just feet away from diners eating their sandwiches. The result feels a bit like eating in an old-fashioned deli, but with gussied-up surroundings.

This unusual setup is because,

in addition to a gourmet sandwich counter, Grass & Bone is a full-service butcher shop. The place is not for those vegetarians who blanch at the sight of raw meat. Behind the counter where one orders, a massive rotisserie spins with whole chickens. Patrons can stop in just to pick up a chicken to go. A whole chicken is \$16, a half-chicken is \$10. With a couple of the wholesome, old-fashioned, country-cooking sides (including mashed or roasted potatoes, macaroni salad, corn bread, all \$5) one can leave the restaurant with a home-cooked meal for a family of four for under \$35.

For those dining in, the selection and variety of sandwiches is enough to ensure multiple visits. The Butcher's Dip sandwich (\$11), on paper, is simple enough: Warm roast beef, on a sort of fried brioche bread, with a bowl of au jus that contains whole, unprocessed horseradish. The result, however, is more than the sum of its parts,



Roasted vegetable sandwich with pesto and Melville cheese from Mystic Cheese Co.

and will have you coming back again. According to James Higgins, the executive chef at Grass & Bone, the eatery's best-seller is the cold roast beef sandwich (\$12), with garlic mayo, raw onion, Mystic Cheese Co.'s Melville cheese, and pickles.

The meat is sourced mostly from Connecticut and Rhode Island. The beef is from just up the road at Beriah Lewis Farm in North Stonington, and the pork is from Wild Harmony Farm in Exeter, Rhode



Shrimp rolls with celery, mayo, Old Bay seasoning on brioche buns

Island shrimp rolls (\$12) alongside Spanish potato omelet (\$6) and Spanish pork sausage (\$11). The bao sandwich is one of the highlights of a recent complimentary tasting at the restaurant. These steamed buns are becoming increasingly popular in Connecticut, but Kala's stand above the pack thanks to the warm, soft flavor of the bread and fatty succulence of the pork belly.

Another highlight from the "small bites" portion of the menu is the croquettes. These small potato balls are breaded and fried a light golden brown and served with pork prosciutto, flavored with Béchamel sauce and aioli.

Among the main courses, the trout (\$23), served over Lyonnaise potatoes with subtle Dijon mustard sauce, impresses, as does Kala's version of duck confit (\$25). For the latter dish, duck leg is sourced from Bella Bella, a farm in upstate New York, and served over a cassoulet (French casserole). A highlight of this cassoulet is the blood sausage, a nontraditional ingredient Romero uses.

Romero likes to mix up ingredients on classic dishes, which he says often works "better than making them 100 percent traditional." He adds, "For the cassoulet everybody usually uses the garlic sausage, but I love the blood sausage so much that I decided to put the blood sausage [in]. That's why we call it 'Kala style' on the menu."

BY ERIK OFGANG

When chef Manuel Romero and his partners decided to open a new restaurant in North Haven, they wanted to call it "Cala," which is Spanish for "cove."

The name was meant to evoke images of the beach and beautiful Mediterranean coves, says Romero, who is also executive chef and owner of Olea in New Haven. But as the new restaurant approached its opening, the owners learned of another restaurant already named Cala on the West Coast. To avoid any confusion, Romero and company decided to alter the spelling and call their new place Kala.

This is strangely fitting as, like its name, the cuisine at Kala Bistro is almost Spanish but not quite.

"This is more global than Olea," Romero explains one weeknight as he steps out of the kitchen at Kala for a few moments. "In New Haven [at Olea] we focus more on the Spanish and Mediterranean cuisine. [Here] I try to use influences from Asian cuisine, some South American, some American, a little Spanish — not too much Spanish, because that's what we do in New Haven — some French, some Italian."

On the menu you'll find dishes such as bao pork belly (\$9), hummus (\$8) and

Island. For those counting their “food miles” — the amount of distance traveled from farm to table — you can’t do much better. (On a less-regular basis, they get beef from farms in New York.)

Despite the high-quality ingredients, the offerings at Grass & Bone remain relatively affordable. The sandwiches range from \$8–\$12. This was a goal for co-owner James Wayman. “Anybody can walk off the street, feel comfortable in there,” he says.

After ordering at the counter, sandwiches and other meals are made in an open kitchen, and then delivered to the table on trays. Local beer from Beer’d (brewed in the Velvet Mill in Stonington) and Fox Farm Brewery in Salem blesses the drinks menu.

According to Wayman, Grass & Bone has plans to introduce a weekend breakfast menu, featuring items such as pastrami hash and eggs, croque madame (a ham and cheese sandwich topped with a fried egg), and classic breakfast sandwiches. Also keep an eye out for ramen to make an appearance on the menu, as well as a local produce stand. Wayman says the menu will change four to five times a year, depending on what type of produce is in growing season.

Grass & Bone

24 E. Main St., Mystic
860-245-4814, grassandbonect.com
Hours: Mon.–Fri. 9 a.m.–9 p.m.
Wheelchair accessible

This mixing and matching of various ingredients mirrors Romero’s transatlantic biography. Born in Spain, he moved to the U.S. as a child. He attended New York City Technical College in Brooklyn, studying hospitality management and focusing on the culinary arts. He also returned to Spain to apprentice at restaurants in his birth country. Back in New York City he worked at a restaurant in lower Manhattan that closed after 9/11.

At that time he moved to Connecticut, working as a chef at the successful Spanish restaurant Ibiza in New Haven. When Ibiza closed, Romero opened a new place, Olea, in the same location with his wife, Andrea, and Juan Carlos and Maria Gonzalez. Juan Carlos manages the beverage program and bars at both Olea and Kala, while Andrea and Maria both manage front of house.

Our visit to Kala is capped by a tasting of Nutella pots de crème, a rich offering that is highly recommended.

True to its beach cove-inspired name, Kala has a Mediterranean ambiance. More casual than Olea, the white walls and soft lighting give it a European-esque ambiance. There is an eye-catching marble bar, with a robust wine list, solid selection of craft beer and a nice assortment of cocktails.

Not overly large, but not small either, Kala is cozy and, yes, cove-like in all the best ways.

Kala

1995 Whitney Ave., North Haven
203-889-2275, kalabistro.com
Hours: Kitchen hours are Mon.–Thu. 5–9:30 p.m., Fri. & Sat. 5–10 p.m.
Bar opens at 4 p.m. (Mon.–Sat.)
Wheelchair accessible

Pappadella’s, Danbury

THE BEST ITALIAN RESTAURANT YOU’VE NEVER HEARD OF

Sharing a parking lot with a gas station and next door to a package store, Pappadella’s Restaurant is in a quiet section of Danbury a ways from downtown and the city’s main commercial hubs. It is the type of place you can drive by hundreds of times — which I have — without thinking, “Wow, that looks like a great place to eat.”

But in this case, looks are deceiving.

Since I started dining at the restaurant a few months ago I’ve been stopping in for take-out multiple times a week, addicted to the spot’s signature, big-portioned, bold-flavored, old-school Italian-American, family-style cuisine.

Opened in 2009 by chef Andres Madina, Pappadella’s has survived thanks to the quality of its offerings and word of mouth. One must-try specialty is the house-made pasta. There’s thin capellini, thick, tube-shaped rigatoni, and pappardelle, large, flat strips of pasta that inspired the restaurant’s name.

The pastas come topped with a variety of rich sauces, from red marinara to several white sauces. The broiled shrimp scampi features butterflied jumbo shrimp sautéed with a garlic and lemon sauce served over capellini. The chicken parmigiana is also served over capellini, but this time with marinara sauce instead of white sauce, and is one of the restaurant’s signature dishes, says William Rivera, the manager who has worked at Pappadella’s since 2011.

“We use an organic chicken breast,” he says, noting, “Nothing with the chicken parmigiana is pre-cooked; everything is from scratch.”

He adds they pan-sear the breaded chicken instead of deep frying, creating a gentler, tastier cutlet.

If you’re looking for something on the heavier side, try the rigatoni pastorella, a combination of sweet and hot Italian sausage, with white wine sauce, peeled tomatoes, shallots, and a hint of creamy ricotta cheese, which gives the dish a savory quality.

A solid accompaniment to the meal, Pappadella’s pizza is doughy in a good way with a crust that has a medium thickness. It is less greasy than some pizzas, Rivera says, because they use a combination of regular and low-fat mozzarella cheese, which creates the right flavor-to-grease ratio.

Beyond pasta and pizza, a whole section of the menu is devoted to meats and fish (carb addicts need not fear, many of these items come with a side of pasta). The stuffed Alaskan salmon is a good fish choice, and meat options include several veal dishes and cuts of steak.

Madina is a native of the Dominican Republic, but has been making Italian food for more than 30 years. In the 1980s he worked at the legendary and now-closed Danbury Italian restaurant Bella Italia. He was the chef at La Fortuna in Bethel for many years before opening his restaurant.

For those who eat at Pappadella’s, there is a nice dining room and selection of wines and spirits.

If you enjoy old-fashioned, straightforward Italian cuisine, don’t wait eight years, as I did, to try this spot. | ERIK OFGANG |



UNDER THE RADAR



Stuffed salmon with lobster sauce

Pappadella’s Restaurant

129 Padanaram Road, Danbury
203-743-6804, pappadellas.com
Hours: Tue.–Fri. 11:30 a.m.–10 p.m.,
Sun. 4:30–8:30 p.m., Closed Mon.
Wheelchair accessible

H JOHN VOORHEES III



Bee and Thistle Inn's 'Legendary Scones'

Ingredients

- 3 cups all-purpose flour
- ½ cup sugar
- 2½ teaspoons baking powder
- ½ teaspoon baking soda
- ¾ teaspoon salt
- 1½ sticks cold, unsalted butter, cut into small pieces
- 1 cup (approximately) buttermilk
- 1 tablespoon grated orange or lemon zest
- ½ stick unsalted butter, melted, for brushing
- ¼ cup sugar, for dusting
- 4 tablespoons jam or jelly and/or 4 tablespoons diced or small plump dried fruits, such as currants, raisins, apricots or figs for filling (optional)

Directions

Position the oven racks to divide the oven into thirds and preheat to 425 degrees.

Mixing and kneading: In a medium bowl, stir the flour, sugar, baking powder, baking soda and salt together with a fork. Add the cold butter pieces and, using your fingertips (the first choice), a pastry blender or two knives, work the butter into the dry ingredients until the mixture resembles coarse cornmeal. It's OK if some largish pieces of butter remain — they'll add to the scones' flakiness.

Pour in 1 cup buttermilk, toss in the zest, and mix with the fork only until the ingredients are just moistened — you'll have a soft dough with a rough look. (If the dough looks dry, add another tablespoon of buttermilk.) Gather the dough into a ball, pressing it gently so that it holds together, turn it out onto a lightly floured work surface, and knead it very briefly — a dozen turns should do it. Cut the dough in half.

To make triangular-shaped scones, roll one piece of the dough into a half-inch thick circle that is about 7 inches across. Brush the dough with half of the melted butter, sprinkle with two tablespoons of the sugar, and cut the circle into six triangles. Place the scones on an ungreased baking sheet and set aside while you roll out the rest of the dough.

Baking scones: Bake the scones for 10-12 minutes, until both the tops and bottoms are golden. Transfer the scones to a rack to cool slightly. They are best served warm but are just fine at room temperature.

Storing: If you're not going to eat the scones the day they are made, put them in an airtight container and freeze; they'll stay fresh for a month. To serve, defrost the scones at room temperature and reheat on a baking sheet for five minutes in a 350-degree oven.

Holiday Tea Party

AFTERNOON TEA AT BEE & THISTLE INN IN OLD LYME A HEARTWARMING TRADITION

BY SHELLEY LAWRENCE KIRKWOOD

I'm not really an expert of many things, but I consider myself a black belt in Christmas. My excitement about the holiday season generally commences somewhere in late October. As an exercise in self-restraint, and in deference to my family's tolerance levels, I don't turn on the holiday music until the day after Thanksgiving. I never shop on Black Friday. Instead, I spend the day baking, singing and googling old Christmas movies that I can watch with my 7-year-old daughter. Her current favorite is *White Christmas*. I'll take the crooning of Rosemary Clooney over crowd surfing my way through the front door of Best Buy any day.

I love movies like this, both because they evoke the warm and fuzzy nostalgia that can come with this time of year, but also because watching them is a tradition, one that I will always associate with cozy, mother-daughter couch time, popcorn and hot chocolate.

Now that I have two young children, I try to inhabit these more magical aspects of Christmas, and to cultivate traditions that will remain with them as they get older. One of my favorites is the afternoon tea at the historic Bee & Thistle Inn in Old Lyme.

PHOTOS: SHELLEY LAWRENCE KIRKWOOD



Tea time treats include meringues, tea sandwiches, scones and more.

My daughter was 5 years old the first time we visited the Bee & Thistle, which has been around since 1756. It was her first experience of an English tea, and one of our first holiday mother-daughter outings. We visited on a frigid Saturday in the beginning of December. The wind whipped around our stocking-covered knees. Passing through the front door and into the foyer, we were enveloped by a Christmas wonderland with frosty gingerbread and glittering candy-covered houses, crackling fireplaces, and harp music. Harp music! In short, it was pure Christmas magic, straight out of a movie.

On this first visit, we were seated in one of the front lounges. My daughter, seated in a larger-than-life upholstered chair, was instantly dazzled by the fancy teacups and three-tiered cake plates, their lower levels filled with finger sandwiches with chicken and egg salads, goat cheese and watercress, and cucumber-yogurt-mint fillings. Tier 2 featured the Inn's famous scones (see recipe at left), which are both crisp to the bite and soft enough to spread with generous layers of house-made jam and sweet cream without crumbling to bits. Tier 3 — the one she set her sugar-fiend sights on — was the domain of dusted Paris tea truffles, Palmiers, cream puffs, Russian tea cakes and mini lemon meringue tarts.

With all this sparkle and sweetness, it's easy to forget about the tea altogether. General manager Tosh Urbowicz, who, like me, is "a coffee drinker through and through," emphasizes that the Harney and Sons' teas that the inn features, and the "intoxicating" Paris tea in particular, should not be missed. A black and oolong tea with notes of black currant, toffee and vanilla, it is rich and complex, but not sweet. Winter White (an Earl Grey made with Chinese mutan white tea and citrusy bergamot oil), and mint, also great companions to an overload of sugary goodness, are also on the menu.

Tell my kid about the wondrous qualities of any given tea, and she will still pooh-pooh you and ask for hot chocolate. My own tea was upgraded to "Royal" status with the inclusion of a champagne cocktail. After eating to our capacity, my daughter plopped down on the floor for a moment by the fireplace while harpist Allyn Donath strummed in the corner. You probably won't be having a white Christmas in Connecticut with a horse-drawn sleigh, but this is the next best thing.

Bee & Thistle Inn

100 Lyme St., Old Lyme
860-434-1667, beeandthistleinn.com

Afternoon tea: served Thu.-Sat., Nov. 30-Jan. 6

Hours: noon-2:30 p.m.

Price: \$35 per guest, \$40 per guest for Royal Tea, plus tax and gratuity; children's tea \$25

Wheelchair accessible

openings

A monthly look at what's new and exciting on the Connecticut dining scene

E & D Pizza Co., Avon This popular pizzeria recently moved to a new location with expanded seating and food options. The restaurant specializes in pizza and salad and won Best Pizza in a 2017 *Hartford Magazine* readers' poll. Owner Michael Androw clearly takes great pride in his thin-crust pizza, and fans of the restaurant take great joy in consuming it. **860-255-7360, eanddpizzacompany.com**

Lucas Local Oyster Bar & Woodfire Cookery, Newtown "Shucking daily" is how the description of this restaurant begins. As you might guess from that, the emphasis is on seafood from local fisheries, as well as other New England culinary traditions. The restaurant offers a raw bar and dishes such as Atlantic halibut, arctic char and many others. Non-seafood options include Rhode Island red woodfired half-chicken and veal osso buco bolognese. **203-491-2992, lucaslocalat.com**

Carbone's Prime, Rocky Hill The latest restaurant from Carbone's Hospitality just opened and features the "excellent cuisine, old world hospitality, and great service" the Carbone's restaurants pride themselves on. The first location opened in 1938, and chef-owner Vinnie Carbone is the third-generation owner from the same family. In addition to the new spot there are Carbone's restaurants in Hartford and Bloomfield. **860-969-8088, carboneshospitality.com**

J. Lawrence Downtown, Bethel Located in a historic building in the heart of Bethel's downtown, this bar and restaurant offers cocktails, beer and casual comfort food. It celebrated its grand opening in late October (it had been in soft-opening mode prior to that). Dishes include poblano short rib nachos, soft Bavarian pretzels, and a variety of main-course offerings ranging from sandwiches to steak to pasta. **203-616-5949, jlawrencect.com**

Flora, West Hartford Opened in October, Flora is a vegetarian restaurant with a great name and clear passion for sustainable cuisine. "Flora meets the farmers who allow us to do what we do," the restaurant's Facebook page states. "We're here for people who care about microbes in their beer." Meat-free dishes on the initial menu include spaghetti and no-meatballs (but plenty of veggie substitutes), pastrami carrots and barbecue tofu. **860-216-5992, floraweha.net**

Walter's Hot Dogs, Stamford The popular Westchester hot dog stand has crossed the border with its new Stamford take-out location in Harbor Point at 200 Commons Park S. The original stand is located in Mamaroneck, New York, and the new Stamford spot will match the original in variety of offerings. As Stamford's *Advocate* newspaper writes: "The Stamford menu will



E & D Pizza Co. is in a new spot in Avon.

include Walter's single and double hot dogs, with Walter's mustard; funnel cake fries; curly fries; milkshakes; and puffy dogs." The location will be open all year. **waltershotdogs.com/stamford**

Fujiya Ramen, Middletown On Main Street in the heart of Middletown's downtown, this new ramen spot offers an assortment of hot and steamy broths that are perfect for slurping up as the weather gets colder. Ramen options include pork and chicken. Sides include bao pork buns. The space is open and sleek with long wooden tables. **860-852-5695, fujiyaramenct.com**

The Pastry Hideaway, Wilton Even though it has been open since May, because it has the word "hideaway" in its name, we can be forgiven for not being aware of it until the folks at CTibites wrote about it in October. Located across from the library in the Wilton Town Center, it features a variety of high-end pastries, fresh-baked breads including brioche and focaccia, as well as breakfast and lunch sandwiches, pies, cakes, cookies and a full coffee bar. **203-762-6600, pastryhideaway.com**

Capone's Pizza Bar, North Branford Since 2014, Capone's Pizza Bar in Branford has been an area favorite with its thin-crust, New Haven-style pizza. Recently the restaurant opened a second location in North Branford. It features the same mix of pizza and laid-back bar atmosphere that made the first location a success. When it comes to what makes the pizza special, the *New Haven Register* writes, "There are the startlingly fresh ingredients. There is the sheer variety of specialty pizzas, from broccoli rabe and sausage to white clam to South Beach Special." **203-488-2400, caponespizzabar.com**

Spigot Beer, Norwalk This recently opened beer bar is aiming for an atmosphere somewhere between a tap room and rec room. Modeled on a brewery tasting room, the laid-back spot features harder-to-find beers with an emphasis on local and Northeast brews. The bar offers cheeses and light snacks, but doesn't have a full kitchen; the emphasis here is on the beer, and we're just fine with that. **spigotbeer.com**

Know of a new Connecticut restaurant? Email Erik Ofgang at eofgang@connecticutmag.com.

Sugared Down

TASTY TREATS FOR A HEALTHIER HOLIDAY SEASON | BY SHELLEY LAWRENCE KIRKWOOD

December has arrived. Just a few of the most stubborn leaves remain on their branches. The winter clothes have long been unpacked. The sun is setting hours before we are ready to say goodnight. In other words, it's high time to get cozy.

In my house, most of the warmth-generating activities are happening in the kitchen. With the holiday season comes a permission to leave the stand mixer out permanently. For many, the holiday season and all its excess also usher in anxiety about weight gain around the holidays, and with good reason.

Here's a fun fact: The human brain weighs about three pounds. Here's a less-fun fact: That's about as much sugar as the average American eats each week! I'm

guessing that the sugar stats only increase around this time of year. Subsequently, we tend to gain weight between November and January. And chances are, we don't lose those extra pounds.

There are actually many reasons to consider curtailing your sugar consumption. Sugar is a leading cause of chronic inflammation, which lies at the root of many chronic illnesses. Gluten, a protein in wheat that imbues flour with its mold-able stickiness, is included in many of the traditional holiday treats, but lots of folks are finding they feel better without it. For me, a fight with chronic Lyme disease was much improved once sugar and gluten were out of the picture.

While baking without these items seems

daunting, it's actually often easier to go entirely flour-free. That does not mean you can't produce seductive desserts. You just have to re-think your approach. For me, extra fat is often the solution, as it translates to feeling happy and content after just a few bites.

Here are a few favorite holiday recipes that I have experimented with for this year's celebrations. Overall, they are low in sugar, higher in fat and nutrients and (mostly) gluten-free. If you are hesitant to go down the healthier road for Christmas treats, I can assure you, these have been tested by both treat-loving adults and my own two kids, who both plan to be professional doughnut-eaters when they grow up.

nutty pumpkin pie

This pumpkin pie filling gets a lot of its subtle sweetness and warm flavor from the pecan and date crust. The pie itself highlights pumpkin flavor in lieu of overwhelming sweetness. I choose to make a rich whipped cream with heavy cream and omit the extra sugar there altogether; you don't need it!

Filling ingredients:

- 1 16-ounce can organic pumpkin
- 2 fresh eggs from free-range chickens, plus one egg yolk
- ½ cup heavy cream
- 1 teaspoon vanilla
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon cinnamon
- 4 tablespoons maple syrup
- ¼ teaspoons fine-grain sea salt

Crust ingredients:

- ½ cup medjool dates, pitted and chopped
- 1½ cups pecans
- 4 tablespoons grass-fed or high-quality butter, such as Kerrygold, melted
- ½ teaspoon cinnamon
- ½ teaspoon fine sea salt

Whipped cream ingredients:

- 1 cup heavy cream
- 1 teaspoon vanilla or almond extract

Directions:

Preheat the oven to 375 degrees.

To prepare the crust:

Soak dates in boiling water for two minutes.

Pulse pecans in a food processor until fine.

Add dates, cinnamon, salt and melted butter.

Pulse again until the mixture is thoroughly combined.

Spread mixture in a pie plate that has been sprayed with nonstick spray.

Bake on a cookie sheet for approximately 12-15 minutes, until fragrant and browned.

To prepare the filling:

Beat the eggs for one minute and combine with remaining filling ingredients.

Pour the filling into the prepared crust.

Bake for approximately 40-45 minutes, being sure that the center has set. It can be checked with a light touch to the center or by using a cake tester.

To prepare the topping:

Whip the cream and extract by hand or with a stand mixer until soft peaks can be formed.

Chill and serve when the pie has cooled to desired temperature.



matcha painted sugar cookies



This is a fun, low-mess cookie to make with and for kids. While we do use some confectioner's sugar, it's less than you will find in a typical sugar cookie. This recipe features einkorn flour that is made through a collaboration between Pawcatuck's Jovial Foods and growers in Italy. Einkorn is an ancient, un-hybridized grain. In fact, it is the only wheat that has never been hybridized. The gluten in einkorn lacks the high molecular weight proteins that many people can't digest, and it is rich in B vitamins. While baking with a higher-protein flour can be challenging, this dough should produce a buttery, crunchy bite. Matcha (the powdered green tea used for the food coloring) is jammed full of antioxidant power and produces a watercolor-like effect. Keep it on your pantry shelf for tea time; it has 17 times the antioxidants of blueberries!

Dough ingredients:

- 8 tablespoons unsalted, grass-fed or high-quality butter, such as Kerrygold, softened
- Generous $\frac{1}{3}$ cup confectioner's sugar
- Grated peel of 1 small lemon
- 1 egg yolk
- $1\frac{1}{2}$ cups all-purpose einkorn flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla extract

Decorative ingredients:

- 1 tablespoon powdered matcha
- 1 egg white
- 2 tablespoons sifting sugar

Directions:

In a large bowl, beat the butter, sugar and lemon rind together until pale and fluffy.

Beat in the egg yolk and vanilla.

Sift the flour and salt, add to the butter mixture in two batches.

Knead together and form a smooth ball.

Refrigerate for 30 minutes, covered in plastic.

Preheat the oven to 350 degrees.

Roll out half of the dough to $1\frac{1}{8}$ -inch thick between two sheets of wax paper.

Cut cookies, adding excess dough back to the other half until you are ready to cut the remaining cookies.

Paint cookie shapes with egg/matcha mixture, refrigerate for five minutes, and bake for two minutes.

Sprinkle with a dusting of sugar and bake for 8-10 more minutes, until very lightly browned.

Cool on a wire rack.

Makes 16 cookies.

choco-loco crunch squares

This dessert offers a union of nutritious food and overall deliciousness. My 4-year-old son, a connoisseur of chocolate who gets furious when known healthy ingredients tangle with his treats, gives this two big thumbs up.

Pumpkin seeds, packed with zinc, help maintain optimal immune function. Coconut oil contains lauric acid (monolaurin), which is known to create a hostile environment for viruses, so it's an especially great winter treat.

Ingredients:

- 1 cup raw pumpkin seeds
- $\frac{1}{3}$ cup chia seeds
- $\frac{1}{3}$ cup raw walnuts
- $\frac{1}{3}$ cup raw cashews
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon fine-grain sea salt
- $\frac{1}{2}$ cup coconut oil
- $\frac{1}{4}$ cup raw cacao powder
- $\frac{1}{4}$ cup raw honey
- $\frac{1}{2}$ teaspoon almond extract

Directions:

Chop the walnuts and almonds.

Add 2 cups boiling water and soak for one hour, or soak overnight in cold water with a squeeze of

lemon. This will remove the bitterness and allow your body to absorb more nutrients.

Roast the nuts for 10 minutes in an oven preheated to 350 degrees, stirring after five minutes.

Pulse all the seeds and nuts, plus cinnamon and salt, in a food processor.

In a small bowl, combine cacao, coconut oil and extract.

In a large bowl, combine nut mixture with oil mixture and shredded coconut.

Line the bottom of a 9x13-inch baking glass with parchment, spread the mixture and chill.

Chill, cut into 2-inch squares, and serve. Note that these are not stable at warm room temperature and should be stored in the fridge or freezer.

Makes 54 mini squares.



chocolate peppermint truffles



Truffles are a classic and rich holiday goody. Made with cream and rolled in cacao, these are French in origin.

I used food-grade peppermint essential oil, which is potent and can also be diffused, if you enjoy its energizing scent. Because peppermint oil is known to ease digestion, these make great after-dinner treats.

Ingredients:

- 10 ounces semi-sweet chocolate chips
- 3 tablespoons coconut oil
- ½ cup heavy cream or canned coconut cream
- 4 drops food-grade peppermint essential oil
- 3 tablespoons cacao powder
- ¼ teaspoon salt

Directions:

Melt chocolate chips and coconut oil, stirring constantly.

In a separate pan, warm cream or coconut cream until near boil, add slowly to chocolate, stirring constantly.

Add essential oil and refrigerate for at least 30 minutes.

Scoop out 1-inch balls of chocolate mixture and roll between cold hands.

Mix salt and cacao powder.

Roll truffles in cacao.

Refrigerate for at least an hour.

Remove 10 minutes before serving.

Store in refrigerator.

Makes approximately 30 truffles

If there's anything that being a parent has taught me, it's that if you call anything a gummy, kids will eat it. Actually, adults usually will, too. These gummies are actually a jazzed-up Knox Blox — a gelatin favorite from my own childhood. To make sour gummies, use cranberry and add honey to the hot juice, to taste. The chia adds a nice little crunch and are a rich source of Omega-3 antioxidants, to boot.

Ingredients:

- 4 envelopes of Knox unflavored gelatin
- 4 cups apple cranberry juice

Directions:

Boil one cup of juice.

Pour gelatin over remaining cool juice, and give it a little swirl. Add chia.

Pour hot juice over softened gelatin.

Pour in a 9x11-inch glass pan.

Place in fridge and give it a quick stir with a whisk after 15 minutes.

Cool for 2 hours in the fridge.

Slice to desired size, remove with a large spatula, and serve.

Makes about 80 gummies, because some will inevitably break.

apple cranberry chia gummy bites





Hooked on Hooker

WITH A NEW BREWERY IN HARTFORD & POPULAR IPA, THE PIONEERING BREWERY KEEPS INNOVATING

BY ERIK OFGANG

Owner Curt Cameron admits it: a year ago, Thomas Hooker Brewing Co. was not exactly the hottest Connecticut beer brand around.

"We weren't the new guy anymore, we were the old guys," Cameron says.

The brewery had been started in the 1990s, prehistory in Connecticut-beer years, and though sales were good, it didn't have the same cachet as many of the new breweries that have sprung up in the state in recent years. That changed last December, when the brewery released #NoFilter, its take on the explosively popular New England IPA style. It's an unfiltered variant on traditional IPAs characterized by lots of hop flavor but low hop bitterness.

The beer hit the Connecticut beverage scene with the force of a tsunami (at least on social media).

There were lines at the brewery in Bloomfield on can-release days, and the hashtag-adorned cans disappeared from liquor store shelves. It was also dubbed Best Beer in this magazine's Best of Connecticut feature in September.

"I think this beer reintroduced us to a lot of drinkers and they started trying our other beers and going 'Wow, these are all good,'" Cameron says. He compares it to "a music group that has a hit song — it's not like they just started making good music, they've always been making good music."

The release of #NoFilter was only the beginning of what has been a whirlwind year for one of the elder statesmen of Connecticut brewing. Over the summer the brewery opened Thomas Hooker at Colt in Hartford, a satellite location for the main brewery in Bloomfield, giving the brand a physical presence in Connecticut's capital city — the same city founded by the brewery's namesake, Thomas Hooker.

Thomas Hooker at Colt features a test brewing facility that will be used by Hooker to brew small batches of new and experimental beers. It is housed in the sprawling South Armory part of the former Colt factory in Hartford, that is now a bustling multi-use development with residential spaces, business units and the still-in-development Coltsville National Historic Park.

On a recent afternoon at the new brewery, Cameron pours a glass of #NoFilter and hands it to me. The taproom is open and industrial chic, with large wrought-iron candelabras and a blue ceiling dotted with stars inspired by the iconic blue onion dome on top of the factory, visible from Interstate 91. Outside there is a patio with hanging lights with a great view of Hartford's skyline; it's also where a monthly Pints and Pups night is held.

In addition to beer, there's a full bar with cocktails, and food is available to order from a restaurant next door. Visitors can also bring their own food.

Cameron's enthusiasm is palpable as he talks about the history of the Colt factory. The bar top was made with wood found on the property that had previously served as a backdrop for a target range, and bullet shells can still be seen embedded in it, a simultaneously fascinating and chilling reminder of the weapons



once made here. There are old advertising prints and photos, and posters of movie stars holding Colt guns.

Speaking of history, Thomas Hooker started in 1996 as the Trout Brook Brew Pub in Hartford. Ultimately it would take the name Thomas Hooker because that was also the name of one of its most popular beers. Cameron purchased the brewery in 2006. Soon afterward he shut down the restaurant side of the business and converted it from a brewpub to a distributing brewery, moving it to Bloomfield in 2007.

At the time, Connecticut beer did not have the prestige it does today. Shortly after purchasing the brewery, Cameron walked into a local bar and asked why it didn't have Thomas Hooker on tap. When the bartender asked where it was from, Cameron said "Hartford" with pride. The bartender responded, "If it's from Hartford it can't be any good."

That inspired Cameron to make Connecticut beer something locals would be proud to associate with. Not only has his brewery successfully put to rest such thoughts, but so have more and more new breweries that have popped up across the state, a fact Cameron couldn't be happier about.

With a clear sense of pride, he notes that brewers at Hog River Brewing Co. in Hartford, New Park Brewing in West Hartford and other new breweries in Connecticut started out working at Thomas Hooker. "There's a lot of brewers in Connecticut who have worked for me, so either I'm a big jerk, or a good source of training," he says with a laugh.

Thomas Hooker's brewery at Mohegan Sun recently closed (a larger national brewery replaced it) but Thomas Hooker at Colt has more than replaced that much smaller, less-fun satellite location. For the new year, Cameron and brewer Jeff Pasquale, who joined the company a few years ago, are working on some exciting-sounding new beers.

During my visit at Colt, beyond #NoFilter, offerings included a limited-release, New England-style IPA called Brite Tank 16, as well as the refreshing Heff It, a hefeweizen, and the surprisingly delicious Chocolate Truffle Stout made in collaboration with Connecticut's own Munson's Chocolates. There was also Nectar of the Goats, the pale ale brewed in honor of the Hartford Yard Goats and sold at Dunkin' Donuts Park.

As for #NoFilter, Cameron says the brewery would like to make it more widely available, but it's an expensive and difficult beer to produce.

"We're not trying to limit this, we just can't make enough of it," he says. He adds that the beer uses a tremendous amount of hops: "160 pounds for a 40-barrel batch [and] out of a 40-barrel batch we're only getting 32 barrels."

Over the next year, the brewery will ramp up production of #NoFilter. In the meantime, if you can't find it, there's plenty of other Hooker beers to enjoy and a great new space in downtown Hartford to enjoy them in.

hookerbeer.com



Holiday Entertaining MADE EASY!

Now placing your catering order is easier than ever with the...

Deli & More App



Available on
iPhone
and Android
Available on the
App Store
ANDROID APP ON
Google play



or place your order online at shoprite.com/catering



Shrimp Platters

Available in 3 different platter and shrimp sizes. All shrimp platters made with our own Premium preservative-free ShopRite shrimp that are now delicately deveined but not split.

\$49.99 to \$89.99



Beef Tenderloin **H**

Oven-roasted, medium-rare. Served with Black Bear® Horseradish Cream Sauce.

\$139.99

H = Items presented in foil pans with instructions for easy heating



Farro and Red Rice Salad

Two great grains mixed with peas, roasted tomatoes, asparagus, feta cheese and parsley in a balsamic vinaigrette.

\$27.99



Italian Festival

Sliced fresh mozzarella, sun-dried tomatoes, mixed olives, roasted red peppers and sliced tomatoes, drizzled with extra virgin olive oil and fresh basil.

Serves 10

\$45.99

Mozzarella-Tomato Shooters

Skewers threaded with ciliegine mozzarella balls, grape tomatoes and basil.

Serves 15

\$35.99



30-ct., Store Baked

Petite Pastry Platter

\$16.99



There's a ShopRite near you...

ShopRite of East Haven

745 Foxon Road

ShopRite of Stratford

250 Barnum Ave.

ShopRite of Hamden

2100 Dixwell Ave.

ShopRite of Orange

259 Bull Hill Lane

ShopRite of Milford

935 Boston Post Road



PLUS...Hassle-free shopping with...

dining guide

DECEMBER 2017



Fairfield	91
Hartford	91
Litchfield	92
Middlesex	94
New Haven	95
New London	115
Tolland	115
Windham	115

Fairfield County

Archie Moore's Bar & Restaurant • American • EP Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 48 Sanford St., Fairfield, 203-256-9295 archiemoores.com. Open daily. L D LS, \$

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 4180 Black Rock Tpke., Fairfield, 203-255-0800; 222 Summer St., Stamford, 203-348-4800; 515 West Ave., Norwalk, 203-854-5600 barcelonawinebar.com. Open daily. L D LS SB, \$\$

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 www.bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

Bernard's • French • EP RC Consistently serving perfectly executed seasonal entrées in an elegant country setting. *Wine Spectator* Award of Excellence. • 20 West Lane, Ridgefield, 203-438-8282 bernardsridgefield.com. Closed Mon. L D SB, \$\$\$, E, WA

Bloodroot • Vegetarian • EP RC Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, 203-576-9168 bloodroot.com. Closed Mon. L (Tues., Thurs.-Sat.) D SB, \$\$, WA

Butcher's Best Country Market • Deli Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

Elm • American • EP World-class chef Brian Lewis makes culinary magic here — with the freshest local, top-quality ingredients — in an elegant minimalist environment. And there's a great Sunday brunch. • 73 Elm St., New Canaan, 203-920-4994 elmrestaurant.com. Closed Mon. D SB, \$\$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L D, \$, WA

Homestead Inn — Thomas Henkelmann • French Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

Ichiro • Sushi • EP Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$\$

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Local Kitchen and Bar • American • EP Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$, WA

Mezon • Mexican • EP RC An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 mezonct.com. Open daily. L D SB, \$

Nouveau Monde Wine Bar, Sandy Hook • American • RC This stylish bistro serves elevated American comfort food with an elegant ambiance. Seasonal entrées are served with a wine list of over 40 wines by the glass and 130 by the bottle, along with a curated craft beer, spirits, port and sherries list. Saturdays and Sunday brunch. • 6 Washington Ave, Sandy Hook, 203-491-2723 nouveau Monde wine bar.com. Open daily. L (Fri.-Sun.), D, SB, \$\$, WA

Paci • Italian Exceptional Italian cuisine which redefines classic dishes while creating new ones using the highest quality of fresh organic ingredients. • 96 Station St., Southport, 203-259-9600 pacirestaurant.com. Closed Sun. & Mon. D, \$\$\$, WA

Pho Vietnam • Vietnamese • EP RC A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 phovietnamrestaurant.com. Open daily. L D, \$, WA

Pink Sumo • Sushi • EP RC Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 pinksumo.com. Open daily. L D, \$\$\$

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpato family for more than 15 years. Owner and chef Giuseppe Scarpato was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanosrestaurantwestport.com. Open daily. L D SB, \$\$, E

Roberto's • Italian • RC Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$\$

Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperestaurant.com. Open daily. L D, \$\$\$, WA

The Schoolhouse at Cannondale • American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, \$\$\$

The Sitting Duck Tavern • American Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 sittingducktavern.com. Open daily. L D LS SB, \$\$

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$\$, WA

Tequila Mockingbird • Mexican The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 tequilamockingbirdnc.com. Open daily. D, \$

Wafu Asian Bistro • Asian Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Open daily. L D, \$\$\$, WA

Hartford County

@the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebarngranby.com. Closed Mon. L D (Tues.-Sun.), \$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 971 Farmington Ave., West Hartford, 860-218-2100 barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E, WA

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2017 Experts' Pick; RC = 2017 Readers' Choice.

Lunch Wed-Sun 11:30-4:30
Brunch Sat & Sun 11:30-2:30
Open 7 days



SALTWATER GRILLE

Litchfield Hills' Seafood Destination



Celebrate the holidays at Saltwater!

Holidays Around the World Wine dinner December 13

litchfieldsaltwatergrille.org • facebook.com/litchfieldswg
26 Commons Dr. (just off 202), Litchfield, CT
RSVP 860-567-4900

dining guide | hartford county

Carbone's Ristorante • Italian This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

Firebox • New American • EP Firebox boasts a seasonal, Connecticut farm-inspired menu including seared Stonington scallops and Connecticut farm-raised lamb. • 539 Broad St., Hartford, 860-246-1222 fireboxrestaurant.com. Open daily. L (Mon.-Fri.) D, \$\$, E, WA

The Flatbread Company, Canton • Pizza • EP Wood-fired, clay oven pizza made from organic and all-natural ingredients. • 110 Albany Turnpike # 914, Canton, CT 06019, (860) 693-3314 flatbreadcompany.com/canton/. Open daily. L, D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

IV's Taproom • Pizza / Bar Bar/pub spotlights steak and wood-fired pizza along with craft beers and specialty cocktails in a casual setting. Rebel Dog Coffee Co., located in the same building, serves up specialty coffees and breakfast sandwiches. • 393 Farmington Ave., Plainville, 860-793-8809 jvstaproom.com. Closed Mon. D, SB, \$, WA

Max Downtown • American • EP Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 maxrestaurantgroup.com. Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

Max Fish • Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS, \$\$

Max's Oyster Bar • Seafood • EP Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$\$

ON20 • Contemporary French / American • EP Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 ontwenty.com. L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$\$, E

Plan B Burger Bar • Burgers Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planbburger.com. Open daily. L D LS, \$, WA

Republic • Gastropub • EP Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, 860-216-5852 republicct.com. Open daily. L (Mon.-Fri.) D LS, \$\$

Ruth's Chris Steakhouse • Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$\$, WA

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon.-Sat.) D LS, \$\$\$, E

Vinted Wine Bar & Kitchen • Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vintedwinebar.com. Open daily. D, \$\$, WA

Litchfield County

Alpenhaus Restaurant and Steinbock Tavern • German

Restaurant offers authentically prepared German food such as pan fried chicken schnitzel and Bavarian suerbraten; downstairs tavern has the atmosphere of a Bavarian-style beer hall. • 59 Banks St., New Milford, 860-799-5557 alpenhausct.com. Closed Mon. L (Fri.-Sun.), D, SB, \$\$, WA (restaurant)

Carole Peck's Good News Cafe • New American • EP Chef Carole Peck offers original dishes like warm crab taco and chicken tagine. • 694 Main St. S., Woodbury, 203-266-GOOD good-news-cafe.com. Closed Tues. L D, \$\$\$

CRAFT BEER
& COCKTAILS

speakeasy feel

LATE NITE BITES
BOOK YOUR PARTY
MUSIC & EVENTS
GASTROPUB

ask for ellie's cookies

WATCHOURSTEP
BEST BACON IN ALL THE LAND

CAVERN
CARVER OF THE DAY
LUNCH @ NOON

CELTIC
CAVERN

45 Melilli Plaza, Middletown, CT
860-894-2954 celticcavern.com

Read our story at: celticcavern.com/watchourstep

The Cookhouse • Barbecue • EP "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily. L D, \$\$, WA

The Hopkins Inn • Austrian/American • EP A country inn with an Old World atmosphere known for wiener schnitzel, backendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$\$

Litchfield Saltwater Grille • Seafood Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. \$\$, E, WA

Mountainside Café • Farm to Table Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L D SB, \$, WA

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D, \$\$\$, WA

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L D SB, \$\$, WA

The White Horse Country Pub • American • EP RC Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$, WA

Winvian • American • EP Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), \$\$\$

Book Your Holiday Party Today!

CRAFT BEER | LOCAL FOOD | SURPRISING SPIRITS



PARK CENTRAL TAVERN

1640 WHITNEY AVE
(ROUTE 10) HAMDEN

BRUNCH - LUNCH - DINNER - SEASONAL MENUS - PRIVATE EVENTS

BEST PIZZA 2017

Experts Pick, Connecticut Magazine

LOCAL FRESH ORGANIC GOODNESS





110 Albany Tpke., Canton, CT 06019
860-693-3314 • www.flatbreadcompany.com

“Cellared ambiance, clean, bright food flavors” – Connecticut Magazine

ELEVATED COMFORT FOOD * AWARD-WINNING WINE LIST
STYLISH PRIVATE EVENT SPACE



Nouveau Monde Wine Bar & Bistro

6 Washington Avenue, Sandy Hook ♦ 203.491.2723

www.NouveauMondeWineBar.com |    

Dinner nightly  Weekend brunch  Reservations welcomed





Let Us Host Your
Holiday Party

Gift Certificates



2017 Winner:

Best Italian • Best Steak • Best Wine List
Best Cocktails • Best Lunch • Best Family Value
Connecticut Magazine

Award of Excellence
Winner Since 2016
Wine Spectator



163 Route 8 • Killingworth • (860) 663-1155 • LAFORESTARESTAURANT.COM

Middlesex County

Angelico's Lake House • American Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 angelicolakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$, E, WA

The Blue Oar • Seafood • EP Open seasonally, with open-air dining and fresh-catch entrees. BYOB; cash only. • 16 Snyder Road, Haddam, 860-345-2994 blueoarct.wix.com. Open daily, Mother's Day weekend-Labor Day; Thurs.-Sun., Labor Day-end of Sept. L D, \$\$

Celtic Cavern • Gastropub Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 <http://www.celticcavern.com/>. Open daily. L D, \$\$

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian Enjoy spectacular ocean views and Italian specialties like veal romano, wild mushroom arancini and lobster ravioli. And don't forget the award-winning Sunday brunch. • 1525 Boston Post Road, Westbrook, 860-399-5901 watersedgesortandspa.com. Open daily. B L D SB, \$\$\$, E

Eli Cannon's Tap Room • Beer Bar • EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 eliccannons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$, WA

The Griswold Inn • American The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, 860-767-1776 griswoldinn.com. Open daily. L D SB, \$\$\$, E, WA

Iguanas Ranas Taqueria • Mexican • EP Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueria.com. Closed Sun. L D, \$

It's Only Natural (ION) Restaurant • Vegetarian • EP Vegan/vegetarian offerings with a Southwestern bent, plus a full organic bar. • 606 Main St., Middletown, 860-346-9210 ionrestaurant.com. Open daily. L D (Mon.-Sat.), SB, \$\$\$

The L&E French and Good Elephant Bistro • French / Vietnamese • EP The reopened L&E French offers bistro favorites and modern interpretations of classic dishes. Meanwhile, the elephant in this room is flavor—and lots of it. From five-spice duck to sushi-grade tuna, this restaurant serves the salty, sour, bitter and sweet flavors of Vietnamese cuisine. • 59 Main St., Chester, 860-526-5301 goodelephantcafe.com. Open Wed-Sat. D, \$\$

La Foresta • Italian • RC This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. Lunch served Mon.-Fri. 11:30-2:30. • 163 Route 81, Killingworth, 860-663-1155 laforesta.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Lenny & Joe's Fish Tale • Seafood • EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 liffishtale.com. Open daily. L D, \$\$, WA

Liv's Oyster Bar • Seafood • EP Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. Stonington sea scallops, wild salmon, organic chicken and heirloom vegetables top the menu. • 166 Main St., Old Saybrook, 860-395-5577 livosysterbar.com. Closed Tues. D, \$\$, WA

Magic of Christmas^{at}

THE SPINNING WHEEL

December 8th - 24th, 2017

MAGIC of CHRISTMAS

Is a joyful celebration of the holiday season
with a delicious four-course gourmet dinner...
Music, comedy & magic for the whole family.

The Spinning Wheel, Redding, CT

Reservations
visit swredding.com or email reservations@swredding.com
use promo code CTMAG for exclusive discount

Luce • American Have your aged steaks grilled over wood chips—there are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St., Middletown, 860-344-0222 lucect.com. Open daily. L D LS, \$\$, WA

Luigi's • Italian Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. (except in July and Aug.). D, \$\$, WA

Mondo • Pizza • EP This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomiddletown.com. Open daily L D, \$\$, WA

Puerto Vallarta • Mexican Authentic, traditional Mexican cuisine is prepared fresh daily—sometimes even at your table—mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallartausa.com. Open daily. L D, \$\$

Rustica • Italian • EP The food is made fresh daily, from the pasta to the salads to the homemade desserts. Also offering a varied wine collection. • 189 Middlesex Turnpike, Chester, 860-526-9021 rusticact.com. Closed Mon. D, \$\$\$

New Haven County

116 Crown • American Tapas / Small Plates • EP Dine on sliders, pizzettes and charcuterie and cheese in a lounge-like atmosphere—along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 116crown.com. Closed Mon. D LS, \$\$, E, WA

Adriana's • Italian • EP Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily. L (Mon.-Fri.), D LS (Fri.-Sat.), \$\$, WA

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

BellaGio • Italian Classic and original recipes served up with the freshest ingredients and paired with a full variety of wine, beer and liquor. Patio dining available. • 835 W. Main St., Cheshire, 203-439-9175 bellagiocct.com. Open daily. L (Mon.-Sat.) D, \$\$, WA

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily. D SB, \$\$, E, WA

Ceviche • Latin Fusion • EP Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinkitchen.com. Closed Mon. L (Wed.-Thurs.) D LS, \$\$, WA

Chip's Family Restaurant • American • EP Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 chipsrestaurants.com. Open daily. B L D, \$

Consiglio's Restaurant • Classic Italian Family-owned and -run for more than 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciola, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Tues.-Fri., Sun.) D, \$\$


Coromandel Cuisine of India • Indian • EP Wide range of tasty Indian fare is served in a small, tastefully done space. • 185 Boston Post Road, Orange, 203-795-9055 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

Dino's Seafood • Seafood This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com. Closed Mon. L D, \$, WA


Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 elmcitysocial.com. Open daily. L D, LS, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Signature Dishes



Cocktails




Book Your Holiday Party Today!

Photography by Clint Bejleri



*Offering Cheshire the finest
Italian Cuisine, served in a warm,
comfortable atmosphere.*

835 West Main Street, Cheshire, CT 06410
203.439.9175 • www.bellagiocct.com



Modern Italian Dining

Paci
RESTAURANT

96 STATION STREET, SOUTHPORT, CT 06490 • 203.259.9600
Tues.-Sat. 5 to 10 p.m. • Sun. 4 to 9 p.m.
EXECUTIVE CHEF - OWNER ROBERT PATCHEN
pacirestaurant.com

*I don't always order pasta,
but when I do I eat it at RebeKa's*
—Alex Nunes, *The New London Day*, Oct. 2016

We like, we love, we rave about it!
—The Dudleys,
The Post Road, Oct. 2016



Pasta made Fresh
for Every Meal, Every Day!

Fresh Pasta Restaurant

Dine in or Enjoy at Home.

135 Boston Post Road, East Lyme, CT 06333 • 860.691.1155

dining guide | new haven county

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 geronimobarandgrill.com. Open daily. L (Mon.-Sat.) D, \$\$

Goodfellas Restaurant • Italian • EP RC The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, 203-785-8722 goodfellasrestaurant.com. Open daily. L D, \$\$, WA

Heirloom • Modern Continental • EP Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 heirloomnewhaven.com. Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 www.homerestaurantct.com. Closed Mon. L D, \$\$, E

L'Orcio • Contemporary Italian • EP This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 lorcio.com. Closed Mon. L (Fri.) D, \$\$

La Tavola Ristorante • Classic Italian Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 latavolaristorante.com. Open daily. L D, \$\$, WA

Lenny & Joe's Fish Tale • Seafood • EP This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 501 Long Wharf Drive, New Haven, 203-691-6619; 1301 Boston Post Road, Madison, 203-245-7289 ljsfishale.com. Open daily. L D, \$\$, WA

Mamoun's • Middle Eastern • EP Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 mamouns.com. Open daily. L D LS, \$, WA

Park Central Tavern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavern.com. Open daily. L D, \$, WA

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Shell & Bones Oyster Bar & Grill • Seafood • EP This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 shellandbones.com. Open daily. D L (Sat.-Sun.), \$\$\$

Stowe's • Seafood • EP This classic seafood shack has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats. • 347 Beach St., West Haven, 203-934-1991 stowesseafood.com. Open daily. L D, \$\$

Union League Cafe • French • EP RC Designed to capture the conviviality and old-world charm of a Parisian brasserie — less formal, more lively, unpressured but with attention to memorable food, wine and service. • 1032 Chapel St., New Haven, 203-562-4299 unionleaguecafe.com. Closed Sun. L (Mon.-Fri.), D, \$\$\$

The Wharf • New American • EP This spot at the Madison Beach Hotel serves up panko-crusted sea bass, duck two ways and bourbon-glazed pork tenderloin — with a side of water views. • 94 West Wharf Road, Madison, 203-350-0014 madisonbeachhotel.com. Open daily. B L D, \$\$\$, WA

Zinc • American • EP Their modern interpretation of "American Food" is local market-inspired and globally infused with a focus on sustainable food, offering a dining experience fit for even the most enthusiastic of foodies. • 964 Chapel St., New Haven, 203-624-0507 zincfood.com. Closed Sun. L (Tues.-Fri.) D, \$\$\$

CONTINUES ON PAGE 115

WILLIMANTIC BREWING COMPANY
967 MAIN STREET WILLIMANTIC, CT
860-423-6777 WILLIBREW.COM

WEALTH MANAGERS

2017 CONNECTICUT AWARD WINNERS

Connect with Five Star Wealth Managers

A SELECT AWARD

Finding a wealth manager who suits your needs can be a daunting task. In fact, many consumers have a hard time figuring out where to even begin.

Sometimes, a few simple questions can set one off on the right path. Asking a wealth manager what makes working with him or her a unique experience can help you understand how they work and if their style meshes with your own. Further, asking a financial adviser to talk about any specialties they might have can help uncover skills you might find useful.

Ultimately, how do you find an experienced wealth manager who you feel comfortable working with? One who has high retention rates? One who has undergone a thorough complaint and regulatory review? One who has tenure in the industry?

Five Star Professional uses its own proprietary research methodology to name outstanding professionals, then works with publications such as *Connecticut Magazine* to get word out about award winners who satisfy 10 objective eligibility and evaluation criteria. Among many distinguishing attributes, the average one-year client retention rate for this year's award winners is more than 96 percent. Although this list is a useful tool for anyone looking for help in managing their financial world or implementing aspects of their financial strategies, it should not be considered exhaustive. Undoubtedly, there are many excellent wealth managers who, for one reason or another, are not on this year's list.

In order to consider a broad population of high-quality wealth managers, award candidates are identified by one of three sources: firm nomination, peer nomination or pre-qualification based on industry standing. Self-nominations are not accepted. Connecticut award candidates were identified using internal and external research data.

For the complete list of winners, go to www.fivestarprofessional.com.

RESEARCH DISCLOSURES

- Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers.
- The Five Star award is not indicative of the wealth manager's future performance.
- Wealth managers may or may not use discretion in their practice and therefore may not manage their clients' assets.
- The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or *Connecticut Magazine*.
- Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future.
- Five Star Professional is not an advisory firm, and the content of this article should not be considered financial advice. For more information on the Five Star award and the research/selection methodology, go to www.fivestarprofessional.com.
- 2,218 award candidates in the Connecticut area were considered for the Five Star Wealth Manager award. 283 (approximately 13 percent of the award candidates) were named 2017 Five Star Wealth Managers.

Five Star Wealth Manager Criteria

Determination of Award Winners

Award candidates who satisfied 10 objective eligibility and evaluation criteria were named 2017 Five Star Wealth Managers.

Eligibility Criteria – Required

1. Credentialed as a registered investment adviser or a registered investment adviser representative.
2. Actively employed as a credentialed professional in the financial services industry for a minimum of five years.
3. Favorable regulatory and complaint history review.
4. Fulfilled their firm review based on internal firm standards.
5. Accepting new clients.

Evaluation Criteria – Considered

6. One-year client retention rate.
7. Five-year client retention rate.
8. Non-institutional discretionary and/or non-discretionary client assets administered.
9. Number of client households served.
10. Education and professional designations.



Regulatory Review

As defined by Five Star Professional, the wealth manager has not:

- Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine
- Individually contributed to a financial settlement of a customer complaint
- Been convicted of a felony
- Within the past 11 years:
 - Been terminated from a wealth management or financial services firm
 - Filed for personal bankruptcy
 - Had more than a total of three settled or pending complaints filed against them (and no more than five total pending, dismissed, or denied) with any regulatory authority

Five Star Professional conducts a regulatory review of each nominated wealth manager using the Investment Adviser Public Disclosure (IAPD) website. Five Star Professional also uses multiple supporting processes to help ensure that a favorable regulatory and complaint history exists. Data submitted through these processes was applied per the above criteria:

- Each wealth manager who passes the Five Star Professional regulatory review must attest that they meet the definition of favorable regulatory history, based upon the criteria listed above.
- Five Star Professional promotes via local advertising the opportunity for consumers to confidentially submit complaints regarding a wealth manager.

WEALTH MANAGERS

Andrew A. Agemy

Founder/President



Six-year winner Andrew A. Agemy, CEO; Daniel Agemy, COO

Invest for Purpose

In this ever-changing world, there is much uncertainty and doubt. The financial world has gone through numerous and profound changes. Andrew Agemy says three things in life are certain: death, taxes and change. That is why Agemy and his team are excited to help their clients create a strategy that will weather the stormy winds of change. Keeping this in mind, for almost 30 years the Agemy team has helped their clients plan and prepare so that when the unforeseen occurs, their clients are uniquely positioned for success.

One of the many changes over the years is the term *steward*. This is an older word that means managing another person's property in a manner consistent with the wishes of the owner. Agemy, an ordained minister, and his team have seen themselves as stewards since the origins of the firm.

Today the "new" term is *fiduciary*. The Agemy team fulfills this by keeping in mind their core values of respect for all, quality service, education and integrity. They work hard to deliver a dependable retirement income strategy so their clients can enjoy the "best" of their lives during retirement.

Agemy feels privileged to help individuals, families and business owners with planning for retirement income and beyond. His passion is helping people to retire and to stay retired!

- » Educating retirees to make smart financial decisions
- » Implementing generational wealth transfer
- » Retirement income for the best of your life



741 Boston Post Road, Suite 308 • Guilford, CT 06437
Phone: 203-738-0026 • Fax: 203-738-0029 • office@agemy.com
www.Agemy.com

linkedin.com/company/5237391
Facebook: @agemyfinancial

Advisory Services offered through Agemy Wealth Advisors, LLC. Agemy Financial Strategies, Inc. and Agemy Wealth Advisors, LLC are related. LIC. 2184176.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria — required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria — considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Valenti Wealth Management



Six-year winner Joan M. Valenti, CFP®



Because Trust and Independence Matter

Joan Valenti, founder of Valenti Wealth Management, LLC, has been providing financial guidance for experienced investors since 1982. She leads an experienced team that specializes in helping clients pursue their retirement goals and distribute their assets in a tax-efficient manner. They focus on wealth accumulation and preservation of wealth from generation to generation. Joan and her team understand the importance of providing dependable, trustworthy and objective advice through LPL Financial. They listen carefully to their clients' needs, identify the best options for their unique circumstances and guide them along the path of financial well-being. In March 2017, Joan was recognized as one of America's top 1,200 Financial Advisors in *Barron's* magazine for the second year in a row. This award is based on assets under management, revenue produced for the firm, regulatory record, quality of practice and philanthropic work.

Our mission and our promise is to help you grow and protect your assets by providing caring, personal service, in-depth knowledge and objective financial strategies.

HIGHLIGHTS

- » Independent and objective financial strategies
- » Exceptional service for long-lasting relationships
- » Personalized approach to wealth building and wealth preservation

CONTACT

3 Forest Park Drive
Farmington, CT 06032
Phone: 860-677-7790
joan.valenti@valentiwealthmanagement.com
www.valentiwealthmanagement.com

Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC. Award based on 10 objective criteria associated with providing quality services to clients such as credentials, experience and assets under management among other factors. Wealth managers do not pay a fee to be considered or placed on the final list of 2012 – 2017 Five Star Wealth Managers.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Carol Hopkins

MBA, CLTC, Financial Advisor, Investment Advisor Representative, Special Care Planner



Four-year winner Carol Hopkins

HIGHLIGHTS



Leaders conference member



Million Dollar Round Table member

Featured in a special section of women in wealth in *Connecticut Magazine*, 2014

Barnum Financial Group

Living the plan, living the dream. My focus is on you and your family's financial needs and concerns now and in the future. Wealth management, experience with Connecticut teachers' retirement system, special care planning and pension alternatives.

CONTACT

45 Glastonbury Boulevard, First Floor
Glastonbury, CT 06033
Office: 860-380-2680
chopkins@barnumfg.com
www.carolchopkins.com

Securities and investment advisory services offered through qualified registered representatives of MML Investors Services, LLC, Member SIPC, 6 Corporate Drive, Shelton, CT 06484, Tel: 203-513-6000.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarpromotional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

James W. Coleman, Sr.

Financial Advisor

Today's investment climate offers tremendous challenges as well as opportunities. At Coleman Financial Advisory Group LLC, we help clients navigate through the challenges and seize those opportunities that make the most sense for their situation.

As financial planning professionals we employ a process that helps us to identify and prioritize your goals and objectives, analyzes your current and future situation, propose realistic and comfortable solutions, manage your assets toward your goals and service you as your needs change.

We have helped many clients for over 27 years by assisting them with asset management, retirement income strategies, reducing investment risk, protecting assets, leaving money to children or grandchildren all while living a financially comfortable life today.

HIGHLIGHTS



Comprehensive financial planning and wealth management



Customized retirement income strategies that are designed for maximizing reliable income over time that increases with inflation



We provide independent, objective, unbiased advice in a cost effective manner maintaining a fiduciary standard



CONTACT

751 Watertown Avenue • Waterbury, CT 06708
Phone: 203-756-7526 • Phone: 800-280-2399
Jim@ColemanAdvisoryGroup.com
www.ColemanAdvisoryGroup.com

FOLLOW

@ColemanAdvGrp
www.linkedin.com/in/jameswcolemansr
#ColemanFinancialAdvisoryGroupLLC



2017 Five Star Wealth Manager James W. Coleman, Sr.

Solutions for Growing, Managing and Preserving Your Wealth

Securities offered through Securities America, Inc. Member FINRA/SIPC and Advisory services offered through Securities America Advisors, Inc. James W. Coleman, Representative. Coleman Financial Advisory Group LLC and the Securities America companies are non-affiliated.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Mangs Financial, LLC



Left to right: Adam Mangs, CFP®, Operations Manager; Five-year winner David A. Mangs, Ph.D., CLU®, ChFC®

Mangs Financial LLC

"We Have a Sincere Concern for Our Clients' Financial Well-Being as We Prepare and Guide Them Through Life's Transitions."

For more than three decades, Mangs Financial LLC remains committed to helping clients work toward achieving their unique goals and objectives, and addressing their financial concerns and opportunities through honest, objective, independent and professional financial advice. We offer cost-effective, personalized service that exceeds client expectations. In retirement planning, we seek to provide lifetime income, indexed for inflation that we plan for sustaining both your standard of living and the quality of your lifestyle. We have a sincere concern for our clients' financial well-being as we prepare and guide them through life's transitions.

HIGHLIGHTS

- » Retirement and lifestyle income planning
- » Estate and legacy planning
- » Investment planning, asset allocation, portfolio monitoring and review

CONTACT

David A. Mangs, Ph.D., CLU®, ChFC®
4 Forest Park Drive • Farmington, CT 06032
Phone: 860-677-7720 • Fax: 860-677-7706
david@mangsfinancial.com • www.mangsfinancial.com

Securities and advisory services offered through LPL Financial, a registered investment advisor, Member FINRA/SIPC.

Award based on 10 objective criteria associated with providing quality services to clients such as credentials, experience, and assets under management among other factors.

Wealth managers do not pay a fee to be considered or placed on the final list of 2013 – 2017 Five Star Wealth Managers.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Jeremy M. Lobo

CFP®, CFS®, AIF®

Jeremy Lobo is a CERTIFIED FINANCIAL PLANNER™ professional who has been helping investors reach their goals for over 20 years. He has a passion for developing lasting relationships with his clients to help them reach, transition into and enjoy retirement. Specializing in wealth management and retirement income planning for high-net worth individuals, families and businesses, Jeremy is well-known both locally and nationally as a distinguished financial planner and public speaker. He speaks several times a year and is passionate about educating both his clients and the public on common retirement pitfalls and how to avoid them. Jeremy is honored to be recognized for this award.

HIGHLIGHTS

- » Providing comprehensive, independent and objective wealth management
- » Helping clients navigate through a dynamic and complex world of investments and strategies
- » Leveraging our extensive experience to help our clients reach their goals



CONTACT

1062 Barnes Road, Suite 201
 Wallingford, CT 06492
 Office: 203-269-3700
 Toll-free: 866-575-8888
info@lobopascale.com
www.lobopascale.com



Six-year winner Jeremy M. Lobo, CFP®, CFS®, AIF®

Helping Our Clients Reach,
 Transition Into and Enjoy Retirement

Securities and Advisory Services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Financial Network Limited



Left to right: First row: Five-year winner Robert W. Pascarelli, Sr., AIF®, RFC®; Four-year winner Michael J. Del Re, III, ChFC®, REBC®, AIF®; Three-year winner Michael J. Del Re, Jr., CLU®, ChFC®, AIF®; Second row: Danielle Zerella; Mary Jane Hoyt; Judy Wallace; Joanna Szczubelek; Jennifer Embriano; Cara Hoyt; Stephanie Edwards

Independence • Insight • Integrity

» 401(k) and other employer-sponsored retirement plans

» Wealth management, financial and retirement planning for individuals and families

» Fiduciary responsibilities and best practices

Financial Network Limited

612 Wheelers Farms Road
Milford, CT 06461
Phone: 203-878-8194
www.fnlonline.com

FNL was founded to provide personalized investment strategies for individuals and families and distinctive employee benefit programs for employers. Nearly 30 years later, we remain an independent, family-owned firm with the same mission and commitment: to provide comprehensive and innovative solutions with the highest levels of professionalism and integrity.

We assist plan sponsors in the design and implementation of their benefit programs, as well as the efficient and effective management of their fiduciary responsibility with respect to ERISA and the Pension Protection Act. We are proud to have been operating in a fully fee-disclosed manner for more than 10 years — well before fee disclosure and fiduciary conduct were mandated by law.

Our individual wealth management clients benefit from the formalized portfolio construction and review processes developed over the years for our retirement plan sponsors. By taking advantage of lessons learned from past experiences and really listening to our clients' needs, we are able to deliver unbiased advice and solutions that help our clients achieve their financial goals.

Solid, stable and committed to our clients, FNL has proven that quality and service, along with commitment to excellence are the standards of our business practice.

Securities offered through Registered Representatives of Cambridge Investment Research, Inc., a Broker/Dealer, member FINRA/SIPC.
Advisory services offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Cambridge & Financial Network Limited are not affiliated.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria — required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria — considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Webster Investments



Left to right: Financial Consultants; Back row: 2017 winners Christopher Cymbala; James Collins; Brian Davis and Anthony Marciano; Front row: 2017 winners Kim Ramchandani; David Nastri; Eli Meyer and Jason Giordano; Four-year winner Carol Tartaglia; (Not pictured: 2017 winner Raymond Beloin; Six-year winner Kevin Sullivan; 2017 winner Sandra Cerqueira; Brent Silano)



We Build Investment Plans One Way. Your Way.

Your investment plan is really a life plan. It's a customized strategy for saving, growing and protecting your assets, so you can create the secure future you and your family deserve. At Webster Investments, we believe your plan should be as unique as you are — built around your specific needs, preferences and goals related to every aspect of your financial life:

- Retirement planning
- Brokerage services
- Life insurance
- Small business services
- Investment management
- College planning
- Long-term care planning

Helping you create that personalized plan is what we do best. We do it with state of the art planning tools, unbiased guidance and access to a wide range of resources. Our approach to investment planning is highly personalized. We are not obligated to sell any particular investment product or brand. So we can recommend non-proprietary products and services based solely on your needs and objectives. We are always available to discuss your portfolio performance and will reach out to you when we see an opportunity to help grow and preserve your wealth.

- Webster Investments is supported by the resources of LPL Financial, the nation's largest independent broker/dealer*
- Webster Bank named in the top 10 banks with strongest reputations**
- With over 160 Webster banking centers in the Northeast, service, value and guidance from a dedicated group of experienced and credentialed financial consultants is here for you

Waterbury, CT 06702

Phone: 877-838-1570 • WebsterInsights@websterbank.com • www.websteronline.com

*As reported by *Financial Planning* magazine, June 1996-2017, based on total revenue. **American Banker.

Securities and Insurance Products:

NOT FDIC-Insured	NO Bank Guarantee	MAY Lose Value	Not a Bank Deposit	Not Insured by any Federal Government Agency
------------------	-------------------	----------------	--------------------	--

Securities offered through LPL Financial, member FINRA/SIPC. Insurance products offered through LPL Financial or its licensed affiliates, Webster Bank, N.A. and Webster Investments are not registered broker/dealers and are not affiliated with LPL Financial. The Webster Symbol is registered in the U.S. ©2017 Webster Bank, N.A. All rights reserved.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria — required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria — considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS



Left to right: Six-year winners Daryl LePage, CFP®, and Mark Fezza, CFP®, MBA



CONTACT 1090 Elm Street, Suite 102 • Rocky Hill, CT 06067 • Office: 860-257-8688
info@brookwealth.com • www.brookwealth.com

Daryl LePage and Mark Fezza are Registered Representatives with, and securities offered through LPL Financial, member FINRA/SIPC. Financial planning offered through Brook Wealth Management, LLC, a registered investment advisor and a separate entity from LPL Financial.

Wealth Manager Award Winner

Daryl LePage and Mark Fezza

- » Independent advice from independent advisors
- » Wealth building strategies with an emphasis on protection
- » Distribution planning with the goal of sustaining your desired lifestyle

Brook Wealth Management's mission is to enrich its clients' lives by empowering them to make wise and prudent financial decisions through a process of consultation, education and continual guidance.

Utilizing their five-point approach to wealth management, Daryl and Mark are able to offer creative strategies to life's complicated issues.

Honored by this award, Daryl and Mark would like to thank their clients for their continued trust and confidence.

FOLLOW @BrookWealthMgt



Left to right: 2017 winner Diann McChesney, CFP®; Three-year winner Alan Rothstein, CPA, PFS



CONTACT Avon, CT 06001 • Stamford, CT 06901 • New York, NY 10019 • Office: 860-673-5500 • www.assetstrats.com

Additional information, including management fees and expenses, is provided on Asset Strategies, Inc.'s Form ADV Part 2.

Wealth Manager Award Winner

Asset Strategies, Inc

- » Fee-only fiduciaries
- » Full service asset management, financial planning and tax planning and preparation

Everyone assumes their advisor is working in their best interest. We *actually* do. We are fee-only, NAPFA registered financial advisors. We do not sell any product.

Our services extend beyond asset management. We fully integrate asset management with financial planning and tax planning. Every client relationship begins with financial planning, and we plan for life to happen; family, job changes, relocation, kids, grandkids and health. Plain and simple, life happens. We've been there, and we've seen our clients through some of the best, and some of the worst times of their lives. Regardless of the path that life takes, we'll be there to guide you.

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS



Three-year Five Star Wealth Manager Joseph Irizarry, CLTC, Financial Advisor

Joseph Irizarry

CLTC, Financial Advisor

When You Have the Right Advisor,
Life Can Be Brilliant

- 2013, 2014 and 2017 Five Star Wealth Manager

I'm not only in the business of helping you pursue your wealth; I'm also in the business of helping you grow your financial confidence in the future. I'll help you balance pursuing your dreams for tomorrow with what you want today. We'll use our exclusive Confident Retirement® approach, which begins with a straightforward conversation about your financial goals. I am here to help you live the life you've earned.

Ufland and Associates, a financial advisory practice of Ameriprise Financial Services, Inc.
1 Bradley Road, Suite 711 • Woodbridge, CT 06525 • Phone: 203-387-4240, Ext. 103 • joseph.x.irizarry@ampf.com • ameripriseadvisors.com/joseph.x.irizarry
LinkedIn: @josephirizarry • Facebook: joseph Irizarry

Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. The Confident Retirement approach is not a guarantee of future financial results. Ameriprise Financial Services, Inc., Member FINRA and SIPC. Ameriprise Financial cannot guarantee future financial results. Investment advisory services and products are made available through Ameriprise Financial Services, Inc., a registered investment adviser. © 2017 Ameriprise Financial, Inc. All rights reserved.

Wealth Manager Award Winner



Left to right: Standing: Michael W. Tangney, MBA, CRPC®, CFP®, CERTIFIED FINANCIAL PLANNER™ practitioner;
Melanie A. Hanley, Administrative Assistant; Lisa M. Mangiafico, Practice Operations Manager;
Seated: 2012 – 2017 winner Sherrie L. Deveau, CRPC®, Private Wealth Advisor

Sherrie L. Deveau

We pride ourselves in being client focused with 33 years of combined experience. Whether your goals are growing your assets, preparing for retirement, protecting your wealth or planning your estate, Sherrie and her team work with clients to craft personalized plans and strategies designed to meet your goals and comfort levels for each client. We invite you to call for your complimentary initial consultation and let us help you identify new strategies and opportunities to get you and keep you on track. It is a conversation that could lead to practical solutions and greater peace of mind. Attaining Private Wealth Advisor status places Sherrie in the top 12 percent of Ameriprise Advisors.



Deveau & Associates • 111 Founders Plaza, Suite 1503 • East Hartford, CT 06108
Phone: 860-290-8880 • sherrie.l.deveau@ampf.com • www.ameripriseadvisors.com/sherrie.l.deveau

Deveau & Associates is a private wealth advisory practice of Ameriprise Financial Services, Inc.

Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. Ameriprise Financial Services, Inc., Member FINRA and SIPC. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and federally registered CFP (with flame design) in the U.S. which it awards to individuals who successfully complete CFP Board's initial and ongoing certification requirements. The initial consultation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations. Ameriprise Financial Services, Inc., Member FINRA and SIPC.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony; 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS



Left to right: Holly Whewey; 2012 – 2014, 2016 and 2017 winner Grant H. Ulrick; Michelle Zanarini

Grant H. Ulrick

CLU®, CFP®, Wealth Advisor – Partner

HIGHLIGHTS

»» Asset management, retirement, insurance and planned giving

»» Comprehensive financial planning and estate planning



With over 20 years of experience in the financial services industry, Grant uses a goals based approach to meeting the needs of each client. If you are looking to grow, manage, or distribute your wealth it may be time for a conversation.

Danbury, CT 06810 • Meriden, CT 06450 • Scottsdale, AZ 85254
Phone: 203-617-1501 • gulrick@stratoswp.com • www.grantulrick.com

Securities offered through LPL Financial, member FINRA/SIPC. Investment advice offered through Stratos Wealth Partners, LTD., a registered investment advisor and a separate entity from LPL Financial.

Wealth Manager Award Winner



Left to right: Six-year winner Valerie B. Dugan, Senior Vice President, Financial Advisor, CFP®; Christina Esposito, Senior Registered Associate

Valerie B. Dugan

Financial Advisor, Sr. Vice President, CFP®

Comprehensive Wealth Management

»» Experience, knowledge and commitment to service

»» More than 30 years of experience

»» More than 60 percent of clients served for 10-plus years

Morgan Stanley

Citiplacel I, 185 Asylum Street, 21st Floor • Hartford, CT 06103
Office: 860-275-0779 • valerie.b.dugan@morganstanley.com • fa.morganstanley.com/valerie.b.dugan

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and federally registered CFP (with flame design) in the U.S. which it awards to individuals who successfully complete CFP Board's initial and ongoing certification requirements. ©2017 Morgan Stanley Smith Barney LLC. Member SIPC. CRC1903947 09/17.

Wealth Manager Award Winner

Since 1987, my practice has been built on the foundation of personal relationships and the ultimate goal of seeking to do what is best for each client. My staff and I seek to deliver world-class service and diligently work to uncover strategies to coordinate and connect the many aspects of a client's financial life. We will help you navigate the financial markets and stay on course so that you may ultimately achieve your goals and objectives. Valerie Dugan, Five Star Wealth Manager, 2012 – 2017.

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not: A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS



Left to right: Travis Gingras, ChFC®, CLU®, Jason Castaldi;
Six-year winner Paul J. Mariano, MSFS, CLU®, ChFC®, Jeff Sobon



555 Heritage Road, Suite 204 • Southbury, CT 06488

Phone: 203-262-1575 • pjmario@charteroakfinancial.com • www.pjmario.com

Paul J. Mariano is a registered representative of and offers securities, investment advisory and financial planning services through MML Investors Services, LLC, Member SIPC. Supervisory Office: 2321 Whitney Avenue, Suite 402 Hamden, CT 06518, Tel: 203-288-5700. MassMutual Financial Group is a marketing name for Massachusetts Mutual Life Insurance Company (MassMutual) and its affiliated companies and sales representatives.

Wealth Manager Award Winner

Paul J. Mariano

MSFS, CLU®, ChFC®, CLTC

Different Is in Our DNA

- Risk management and insurance
- Retirement planning and investments
- Fee-based financial planning

There's more than one way to the top. Because your goals are as unique as you are. Because a one-size-fits-all approach rarely fits. Because you want to blaze your own path.

We've long challenged the assumption that technical knowledge alone is enough to serve a client's needs. Instead, we've built a team of insurance experts and financial advisors who can supplement that knowledge with their broad-ranging real life experiences. By looking at things a little differently, we're able to offer, and gain, the insights we feel are necessary to build relationships rooted in understanding and trust.



2017 winner Jayme Lemaire



Jayme Lemaire

Registered Principal

» Clients come first

» Our success is measured by our clients' success

Markets Will Fluctuate ... Relationships Shouldn't

Jayme is Managing Principal and one of the founding members of JayPex Financial Group, LLC.

The practice has been built on creating lasting relationships and bringing a caring and personal approach to our client's investment plans. We provide independent and unbiased advice and are committed to delivering world class service to our clients. Every day we work to help our valued clients by providing strategies and pathways to assist them in reaching their financial goals. We are proud to have serviced many of our clients for over a decade and we sincerely thank each of them for their continued trust and confidence.

CONTACT

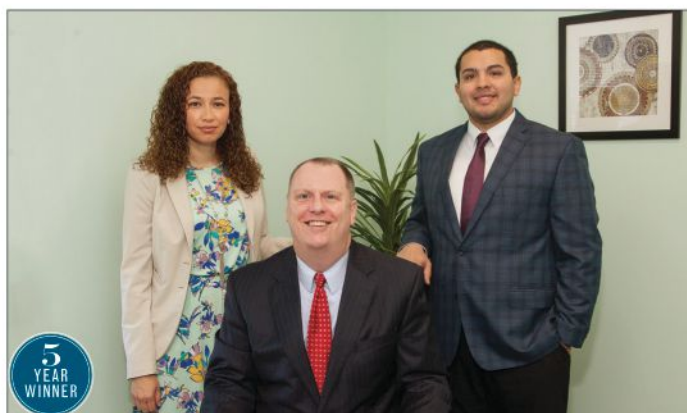
78 Eastern Boulevard • Glastonbury, CT 06033
Phone: 860-430-5397 • jayme.lemaire@wfafinet.com
www.jaypexfinancial.wfadv.com

Investment products and services are offered through Wells Fargo Advisors Financial Network, LLC (WFAFN), Member SIPC, a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company. JayPex Financial Group is a separate entity from WFAFN. Lic. 4336052. [CAR-0917-05152].

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria — required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria — considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarpromotional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS



Left to right: Elsy Primozich, Director Client Operations; Five-year winner David Primozich, Financial Advisor, Founder; Christopher Cardenas, Account Manager



1781 Highland Avenue, Suite 208 • Cheshire, CT 06410
Office: 860-835-ARCH (2724)
78 Beaver Road, Suite 2C • Wethersfield, CT 06109
www.stonearchwealth.com

David Primozich

CFP®, ChFC®, CLTC, AIF®

- ▶ Independent RIA firm providing customized financial life management
- ▶ Highly credentialed with over 20 years' experience
- ▶ Extensive knowledge of the Connecticut Teachers' Retirement Board system
- ▶ Objective advice by a fiduciary

David Primozich, founder of Stone Arch Wealth Advisors, and his team help clients in all aspects of their financial lives. This begins with a comprehensive, individualized analysis that's used to develop a customized plan addressing client priorities, retirement goals and estate planning concerns. Going forward client portfolios are monitored and updated along with the plan through regular face to face meetings. It's a personalized approach that combines genuine caring with exceptional credentials.

Stone Arch Wealth Advisors, LLC is a registered investment advisor. This document is intended to provide general information about the Advisor. It is not intended to offer investment advice. Contact us for further information regarding investment products and services.

Wealth Manager Award Winner

Roberta Nestor



Nestor Financial Network

491 New Haven Avenue
Milford, CT 06460
Phone: 203-876-8066
roberta@nestorfinancial.com
www.nestorfinancial.com

Charting the Course for Your Financial Future

- Investment management
- Retirement income planning
- Estate and long-term care

Building long-term relationships is a priority at Nestor Financial. We start the journey by taking the time to listen and understand each of our clients personally. For more than 30 years, our clients have looked to us for financial direction. We recognize that each person's situation is different, so we develop a financial plan that focuses on helping you accomplish your personal goals. Our mission is to help protect and maintain the quality of your financial life and legacy.

Lic. 1262376. Securities and advisory services offered through Commonwealth Financial Network, member FINRA and SIPC, a registered investment advisor.

Wealth Manager Award Winner

Douglas M. Gordon

Financial Services Representative, Financial Advisor



- Comprehensive investments strategies tailored to you
- Estate and wealth preservation strategies
- Personalized client service
- Million Dollar Round Table member, NAIFA member

Over the past 30 years Doug has developed extensive experience in the areas of investment, retirement and education funding strategies, as well as corporate benefits coordinating and estate conservation and analysis. Doug is committed to developing and maintaining longterm relationships.

65 LaSalle Road, Suite 200 • West Hartford, CT 06107
Office: 860-313-4814 • douglasgordon@baystatefinancial.com

Douglas M Gordon is a registered representative of and offers securities and investment advisory services through MML Investors Services, LLC. Member SIPC. New England Financial Group is not a subsidiary or affiliate of MML Investors Services, LLC, or its affiliated companies. 200 Clarendon Street, 19th and 25th Floors, Boston, MA 02116. Phone: 617-585-4500. CRN201809-218496.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Steven T. Norris

Senior Financial Advisor, Senior Vice President — Investments

6
YEAR
WINNER

Committed to My Clients

- Personal, professional and caring advice
- Experienced advice and guidance
- Tailored services and integrated strategies

I would like to thank our clients for their continued trust and confidence. Our team focuses on understanding our clients' specific needs, goals and objectives. Our advice and guidance assist clients in making informed financial decisions. Our focus is on preservation of assets as well as the long-term growth of those assets. We develop portfolios that are customized both strategically and tactically. We are committed to our clients.

90 State House Square, 11th Floor • Hartford, CT 06103

Office: 860-692-7212 • Cell: 860-810-4088

steven.norris@wellsfargo.com

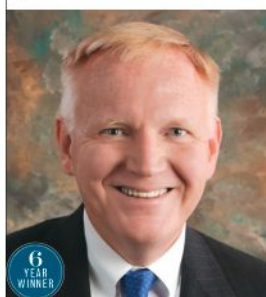
NOT FDIC-Insured | NO Bank Guarantee | MAY Lose Value

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company. [CAR-1017-01099].

Wealth Manager Award Winner

Gary J. McDonagh

Wealth Manager/Investment Professional, AIF®, MBA

6
YEAR
WINNER**Commonwealth Financial Network**

238 Monroe Turnpike, Suite C-1

Monroe, CT 06468

Office: 203-261-3535

gmcdonagh@commonwealthmonroe.com

www.commonwealthmonroe.com

Planning for Your Future and Beyond

- Objective-driven financial strategies
- Focus on personal values and goals
- Simplified solutions to complex problems

Thank you to our clients for their continued support and trust in our services throughout the years. Our business is based on an independent, client-centered approach that is the cornerstone of our practice. The open communication we have with our clients allows us to build personalized strategies tailored to meet individual client needs. I am honored and grateful to receive this recognition for the sixth year in a row!

Securities and Advisory Services offered through Commonwealth Financial Network, Member FINRA/SIPC, a Registered Investment Adviser.

Wealth Manager Award Winner

John J. Jacobs

CLU®



95 Glastonbury Boulevard, Suite 210

Glastonbury, CT 06033

Phone: 860-657-8757

john@jacobsfinancialpartners.com

www.jacobsfinancialpartners.com

Strategies for Corporate Retirement Plans
and Individual Wealth Management

In today's retirement plan environment it is essential to have an advisor who can provide the trustees guidance to help meet their fiduciary duty as well as guide and educate their employees.

Our focus has always been different than most advisory firms. The majority of our business starts at the corporate level by advising on retirement plans, designing executive benefits or helping with the owners succession plan. Then naturally our relationship extends down to their employees.

Securities and investment advisory services offered through Voya Financial Advisors, Inc. Member SIPC. Jacobs Financial Partners, LLC is not a subsidiary of nor controlled by Voya Financial Advisors.

Wealth Manager Award Winner

Laura Fish-Kelly

ChFC®, CFP®, CLU®, MSFS, Private Wealth Advisor

6
YEAR
WINNER

180 Glastonbury Boulevard, Suite 105

Glastonbury, CT 06033

Office: 860-421-3330

laura.l.fish-kelly@ampf.com

www.ameripriseadvisors.com/

laura.l.fish-kelly

Planning for Your Future and Beyond

- Retirement and estate planning strategies
- Financial planning
- Wealth management

With a career spanning more than 30 years, I pride myself on providing excellent and knowledgeable financial advice to my clients. I work with individuals to understand what means most to them and their families. My years of experience have taught me that an effective way to help you achieve financial success is to understand your current situation and develop a plan. 2012 – 2017 Five Star Wealth Manager.

Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser. Ameriprise Financial Services, Inc. Member FINRA and SIPC.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria — required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not: A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria — considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Daniel F. Massucci

CPA, PFS, CFP®



Massucci & Associates, LLC

- Client-focused financial planning and investment services
- Retirement, education and budget planning
- Estate planning and asset protection strategies
- Small business and personalized tax planning services

Life Planning Services

Our firm's 30-plus years of services are centered upon developing long-term client relationships. We focus on understanding the needs of our clients, growing our relationship with them and building personalized solutions to help them achieve their life goals. We provide life planning, molded to our clients' life objectives and measured not only by our clients' financial success but by their ultimate happiness and fulfillment of their dreams. We work every day to earn our clients' unconditional trust.

648 Main Street • Plantsville, CT 06479 • Phone: 860-628-0434
dan@massuccifinancial.com • www.massucci1.com • #massucci

Advisory services offered through Commonwealth Financial Network® (Registered Investment Adviser). CPA/Financial Planning services offered through Massucci & Associates are separate and unrelated to CFN. Lic. 4666155.

Wealth Manager Award Winner

David R. Adams

Senior Vice President/Financial Advisor



Morgan Stanley

Family Wealth Management

- Goals-based wealth management
- Retirement planning
- Endowment/foundation asset management
- 2012 – 2017 Five Star Wealth Manager award winner

Helping you achieve financial success is my first priority. Morgan Stanley has meaningful intelligence about every major asset class and a presence in every major market, as well as investment research from some of the world's most respected analysts. Together, we will formulate a strategy to help you achieve your most important goals and then deliver a vast array of resources to you in the way that is most appropriate for how you invest and what you want to achieve.

64 South Main Street • Essex, CT 06426
Phone: 860-447-4863 • david.r.adams@morganstanley.com
www.morganstanleyfa.com/david.r.adams

©2017 Morgan Stanley Smith Barney LLC, Member SIPC.

Wealth Manager Award Winner

“Always be honest. It can take a lifetime to build a reputation, but it can only take a second to destroy it.”

— Five Star award winner

Hal D. Guy

CFP®, ChFC®, CLU®, CRPC®

STONE CASTLE
CONSULTING

41-C New London Turnpike
Glastonbury, CT 06033
Office: 860-780-9970
Toll-free: 866-299-2755
Hal.Guy@lpl.com
www.stonecastle360.com



- Relationships built on trust
- Unbiased, independent advice
- Clients receive customized personal service
- 2012 – 2017 Five Star Wealth Manager

Securities offered through LPL Financial. Member FINRA/SIPC.
Investment advice offered through Private Advisor Group, a registered investment advisor. Private Advisor Group and StoneCastle Consulting are separate entities from LPL Financial.

Wealth Manager Award Winner

Todd M. Zeidenberg

CLU®, ChFC®, CLTC, Sr. Financial Advisor, Partner

MDZ Wealth
Management

325 Boston Post Road
Orange, CT 06477
Office: 203-799-6840, Ext. 11
todd@mdzwealth.com
www.MDZwealth.com



To my clients, thank you for the confidence and trust you have placed in me to help guide you in your financial journey. I have helped families, business owners and their employees for more than 25 years build and prepare for a more successful and secure financial future. 2012 – 2017 Five Star Wealth Manager.

Securities and Investment Advisory Services offered through Securian Financial Services, Inc., Member FINRA/SIPC. MDZ Wealth Management is independently owned and operated. 1884944 9/5/17.

Wealth Manager Award Winner

James Garstang

CFP®, Private Wealth Advisor

Ameriprise
Financial

1783 Meriden Waterbury Turnpike
P.O. Box 568
Middletown, CT 06457
Phone: 860-426-9950
james.d.garstang@amprf.com
ameripriseadvisors.com/james.d.garstang



2012 – 2017 Five Star Wealth Manager
I'm here to help you live the life you've earned. When you have the right advisor, life can be brilliant.

Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and federally registered CFP (with flame design) in the U.S. Ameriprise Financial Services, Inc. Member FINRA and SIPC.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony; 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Matthew W. Fortney

Financial Advisor



My team and I have a wealth management practice based on strong client relationships and goal-based planning. We provide objective advice to help you make smart financial decisions



1 Enterprise Drive, Suite 105 • Shelton, CT 06484
Phone: 888-886-7737 • mfortney@nstarwp.com • www.nstarwp.com

Securities offered through LPL Financial, member FINRA/SIPC. Investment advice offered through Northstar Wealth Partners, a Registered Investment Advisor and a separate entity from LPL Financial.

Wealth Manager Award Winner

Naomi Bourque

Financial Advisor, AAMS, Sr. Vice President



119 East Putnam Avenue
Cos Cob, CT 06807
Office: 203-861-4042
naomi.bourque@peoples.com
www.peoples.com/invest



Naomi has over 18 years of experience in the financial industry and is a FINRA-registered securities broker, investment advisor and principal. She also holds her life and health insurance licenses.

People's Securities, Inc. is a Broker/Dealer, Member of FINRA and SIPC, an insurance agency and a registered investment advisor. People's Securities, Inc. is a subsidiary of People's United Bank. Investment and Insurance Products:
• Not FDIC Insured • Not Bank Guaranteed • May Lose Value.

Wealth Manager Award Winner

Michael J. Lehrhaupt

President, CEO



- Safety first
- Reasonable rate of return over time
- Keep it simple
- Office locations in Shelton, Danbury, Rocky Hill, Norwalk and Hamden



Educational Seminars Offered Throughout Connecticut

5 Commerce Drive • Shelton, CT 06484 • Office: 203-372-4442
Michael@strategies4retirement.com • www.strategies4retirement.com

Fixed annuities guarantee that your money will earn at least a minimum interest rate. Fixed annuities may earn interest at a rate higher than the minimum but only the minimum rate is guaranteed. The issuer of the annuity sets the rates.

Wealth Manager Award Winner

Bill Mann

Financial Advisor, Lic. 2610900



54 Flagler Avenue
Cheshire, CT 06410
Phone: 203-271-3192
bill.mann@lpl.com
www.thefinancialarchitect.net



The cornerstone of our business is providing each client with a clear and tailored plan. We share our knowledge in a manner which each person can identify with as it relates to their personal situation.

Securities offered through LPL Financial, Member FINRA/SIPC.

Wealth Manager Award Winner

Matthew R. Christopher

CFS®, Managing Member



63 Agerola Road
Durham, CT 06422
Phone: 860-349-3828
Fax: 860-349-3829
matthew.christopher@lpl.com



Since 1976, Financial Benefits Unlimited, LLC has been helping individuals, families and small businesses simplify the complexity of managing their wealth. Matthew specializes in retirement income planning, distribution and strategic wealth management.

Securities offered through LPL Financial, Member FINRA/SIPC.

Wealth Manager Award Winner

John A. Kuehnle

Financial Advisor



33 Broad Street
Milford, CT 06460
Phone: 203-783-5782
jkuehnle@infinexgroup.com



John's work is primarily wealth or asset management. He helps families and businesses protect, accumulate, utilize and transfer their wealth (assets) in order to achieve their goals and objectives. His personal goal is to cultivate long lasting relationships of mutual respect and trust.

Securities Offered Through INFINEX INVESTMENTS, INC., Member FINRA/SIPC. Not a Deposit | Not Insured by any Federal Government Agency | Not FDIC Insured | Not Guaranteed by the Bank | May Go Down in Value.

Wealth Manager Award Winner

David N. Morales

Financial Advisor, Lic. 1702749



175 Capital Boulevard, Suite 205
Rocky Hill, CT 06067
Phone: 860-513-1451
dmorales@barnumfg.com
www.davidnoelmorales.com



Offering Helpful Solutions
for Real Life

"My dad was a professor so I knew I wanted to help people through education. As a financial advisor and educator, I provide insights needed to make informed financial decisions with confidence." — David N. Morales

David Morales is a registered representative of and offers securities and investment advisory services through MML Investors Services, LLC, Member SIPC. 6 Corporate Drive, Shelton, CT 06484, Tel: 203-513-6000 CRN201810-219519.

Wealth Manager Award Winner

Patricia Kane Gibeley

CFP®, CPA, ChFC®, CLU®, APMA®, Financial Advisor



91 South Main Street
West Hartford, CT 06107
Office: 860-521-4470
patricia.k.gibeley@ampf.com
ameripriseadvisors.com/patricia.k.gibeley



My mission is to help my clients reach their financial goals through a personalized relationship based on thorough, knowledgeable advice. This focus is designed to help them reach their goals and give them confidence regarding their financial future. 2012 – 2017 Five Star Wealth Manager award winner.

Investors should conduct their own evaluation of a financial professional as working with a financial advisor is not a guarantee of future financial success. Ameriprise Financial Services, Inc., Member FINRA and SIPC.

Wealth Manager Award Winner

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria — required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Actively licensed as a registered investment adviser or as a principal of a registered investment adviser firm for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not; A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three settled or pending complaints filed against them and/or a total of five settled, pending, dismissed or denied complaints with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; feedback may not be representative of any one client's experience; C. Individually contributed to a financial settlement of a customer complaint; D. Filed for personal bankruptcy within the past 11 years; E. Been terminated from a financial services firm within the past 11 years; F. Been convicted of a felony; 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria — considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,218 Connecticut wealth managers were considered for the award; 283 (13 percent of candidates) were named 2017 Five Star Wealth Managers.

WEALTH MANAGERS

Award winners are listed by profession, primary service and then alphabetically by last name.

Financial Planning

Andrew Agemy · Agemy Financial Strategies
Page 2

Brian Andrus · Wellspring Financial

Edward Banks · Banks Wealth Management

Jennifer Barry · Capital Strategies

Michael Blaszcak · Cambridge Investment Research

Timothy Bourdon · TJB Financial Services, Inc

Craig Breitsprecher · Valark Financial Services

Gretchen Brunner · Comprehensive Planning
Associates

Kevin Burns · Coastal Bridge Advisors

Michael Callahan · Edu4Retirement

Cheryl Chapis · Ameriprise Financial Services, Inc.

Kathleen Christensen · Connecticut Wealth
Management

Matthew Christopher · LPL Financial Page 17

Roger Cowen · Wealth Financial Advisory

Christopher Cymbala · Webster Investment
Services Page 9

Jose da Cruz · Barnum Financial Group

Brian Davis · LPL Financial Page 9

Elizabeth Debassio · Connecticut Wealth
Management

Sherrie Deveau · Ameriprise Financial
Services, Inc. Page 11

Marc Dwyer · Ameriprise Financial Services, Inc.

Mark Fezza · Brook Wealth Management
Page 10

Laura Fish-Kelly · Ameriprise Financial
Services, Inc. Page 15

Matthew Fortney · Northstar Wealth Partners
Page 17

James Garstang · Ameriprise Financial
Services, Inc. Page 16

Gary Gauthier · Ameriprise Financial Services, Inc.

Jason Giordano · LPL Financial Page 9

Philip Glennon · Wealth Enhancement Group

Joshua Gottfried · Gottfried & Somberg Wealth
Management, LLC

Robert Grenus · LPL Financial

Hal Guy · Stone Castle Consulting Page 16

John Henehan · Ameriprise Financial Services, Inc.

Denis Horrihan · Connecticut Wealth Management

Joseph Irizarry · Ameriprise Financial
Services, Inc. Page 11

Geoffrey Kanner · Kanner Financial Services

Scott Kieper · Secure Financial Group

Gary Klingner · Morgan Stanley

Tiffany Knoop · Ivory Wealth Management

John Kuehnle · Infinex Financial Group Page 17

Larry Kushner · Cornerstone Wealth
Management Group

David Lamay · Essex Financial Services

Kevin Leahy · Connecticut Wealth Management

Michael Lehrhaupt · Strategies For Retirement
Page 17

Daryl LePage · Brook Wealth Management
Page 10

Jeremy Lobo · Lobo & Pascale Wealth
Management Page 7

Alfred Loomer · Ameriprise Financial Services, Inc.

James Magaziner · Acorn Financial Services

David Mangs · Mangs Financial Page 6

Wilbur Mann · LPL Financial Page 17

Anthony Marciano · LPL Financial Page 9

Paul Mariano · Charter Oak Financial Page 13

Daniel Massucci · Massucci & Associates, LLC
Page 16

Diann McChesney · Asset Strategies Page 10

Gary McDonagh · Commonwealth Financial
Network Page 15

Eli Meyer · LPL Financial/Webster Investment
Services Page 9

Christian Morgan · Ameriprise Financial
Services, Inc.

Scott Moulton · Capital Management Group

David Nastro · LPL Financial Page 9

David Neal · Coburn & Meredith

Roberta Nestor · Nestor Financial Network
Page 14

Marianne Noyes-Ryder · Noyes-Ryder Wealth
Management

John O'Brien · Advanced Financial Advisors

Paul Papapostolou · Wealth Enhancement Group

Robert Pascarelli · Financial Network Limited
Page 8

Christopher Pekala · Ameriprise Financial
Services, Inc.

Zoltan Pongracz · Barnum Financial Group

David Primozech · Stone Arch Wealth Advisors
Page 14

John Read · CitizensInvestment Services

Alan Rothstein · Asset Strategies Page 10

Gary Ruchin · Ruchin & Associates, LLC

Brian Scanlon · Morgan Stanley

Brenton Silano · LPL Financial Page 9

Jarrett Solomon · Connecticut Wealth Management

Matthew Somberg · Gottfried & Somberg Wealth
Management, LLC

James Sullivan · Essex Financial Services

Jane Sullivan-Klett · Sullivan Financial

Carol Tartaglia · Webster Investment Services
Page 9

Michael Tedone · Connecticut Wealth Management

Richard Vogler · Ameriprise Financial Services, Inc.

Todd Zeidenberg · MDZ Wealth Management
Page 16

Gerard Zopfi · Wealth Enhancement Group

Investments

David Adams · Morgan Stanley Page 16

Raymond Beloin · LPL Financial Page 9

David Berube · Ameriprise Financial Services, Inc.

Naomi Bourque · People's Securities Page 17

Kevin Carriere · Barnum Financial Group

Sandra Cerqueira · LPL Financial Page 9

James W. Coleman, Sr. · Coleman Financial
Advisory Group Page 5

James Collins · LPL Financial Page 9

Brendan Conry · Conry Asset Management

Peter Cowen · Northeast Wealth Solutions

Michael Del Re, III · Financial Network Limited
Page 8

Michael Del Re, Jr. · Financial Network Limited
Page 8

Valerie Dugan · Morgan Stanley Page 12

Lindsey Ferguson · Wells Fargo Advisors

Darrell Fox · Ameriprise Financial Services, Inc.

Patricia Gibeley · Ameriprise Financial
Services, Inc. Page 17

Douglas M. Gordon · New England
Financial Group Page 14

Laurence Hale · Weiss & Hale Financial

Lyle Himebaugh · Granite Group Advisors

Carol Hopkins · Barnum Financial Group Page 4

Glenn Hottin · Wealth Management Advisers

John Jacobs · Jacobs Financial Partners Page 15

Jayne Lemaire · Wells Fargo Advisors Page 13

Thomas McCandless · Ameriprise Financial
Services, Inc.

David Morales · Barnum Financial Group
Page 17

Elana Muzzey · Buchman Financial Wealth
Management

Steven Norris · Wells Fargo Advisors Page 15

Scott Panza · Barnum Financial Group

Robert Patten · Morgan Stanley

Raymond Perry · Infinex Financial Group

Kusum "Kim" Ramchandani · LPL Financial
Page 9

Dominic Schioppo · New England Financial Group

Laurie Stefanowicz · Catamount Wealth
Management

Kevin Sullivan · Webster Bank Page 9

Grant Ulrick · Stratos Wealth Partners Page 12

Joan Valenti · LPL Financial Page 3

Brian Vendig · MJP Wealth Advisors

“Wealth will only come as a result of living beneath your means. Saving even a small amount every month can grow into something significant.”

— Five Star award winner

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ and federally registered CFP (with flame design) in the U.S., which it awards to individuals who successfully complete CFP Board's initial and ongoing certification requirements. The Chartered Financial Consultant credential [ChFC®] is a financial planning designation awarded by The American College.

New London County

Bleu Squid • American A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 dessertsmysticct.com. Open daily. L, \$, WA

The Captain Daniel Packer Inn • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$\$, WA

Flanders Fish Market & Restaurant • Seafood • RC Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily. L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, any pie here is worth the wait. • Mohegan Sun, Uncasville, 860-862-8888 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Kensington's at Norwich Inn • American A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com/kensingtons. Open daily. B L D SB, \$\$\$, E, WA

The Old Lyme Inn • American The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 oldlymeinn.com. Open daily. L D, \$\$\$, WA

Rebeka • Italian Authentic Italian pasta dishes, made fresh daily. • 135 Boston Post Road, East Lyme, 860-691-1155 rebekasfreshpastarestaurant.com. Open daily. L D, \$, WA

Rise, Mystic • American • EP Breakfast spot in a homey and comfortable atmosphere, offering both standard breakfast fare and some unique twists. Lunch is also available. • 10 Water St., Mystic, 860-415-9519 risemysticct.com. Closed Tues. B, L, SB, \$, WA

Tolland County

Bidwell Tavern & Cafe • American • EP This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$

Lake View • Seafood / Italian • EP Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$, E, WA

Rein's New York Style Deli-Restaurant • American • EP Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D LS SB, \$, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

Windham County

The Courthouse Bar & Grille • American Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D LS (weekends), \$, WA

Hank's Restaurant • American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$\$\$

The Heirloom Food Company • Vegan • EP RC Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779-3373 eatheirloomfood.com. Closed Sun.-Mon. B, L, \$

The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Open daily. L (Thurs.-Sat.) D SB, \$\$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D, \$\$\$, WA

Willimantic Brewing Co. / Main Street Café • Brew Pub • EP This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willibrew.com. Open daily. L (Tues.-Sun.) D, \$, WA



china and crystal repair

BREAK IT, CHIP IT, CRACK IT—We can restore it. China and crystal restoration. Call us at our Cheshire, CT location 203-271-3659 or visit us online at www.chinaandcrystalrepair.com



furniture restoration

FURNITURE REPAIR & RESTORATION.

Chairs Re-Caned, Re-Rushed, Re-Upholstered, Re-Glued. Complete Wicker/Rattan Repairs & Restorations. All furniture professionally Stripped, Refinished, Restored & Repaired. Expert furniture decorating and painting. 90 years in business. H.H. PERKINS Company. Call (203) 787-1123 370 State Street, North Haven, CT 06473 www.hhperkins.com

historic window solutions

Have The Best Of Both Worlds!



10 Minute Install / 10 Seconds In / 10 Seconds Out
Innerglass® Window Systems, LLC
The Compression-Fit Advantage
stormwindows.com • 800.743.6207

sound proofing

STOP STREET NOISE with custom glass interior storm windows, residential and commercial. Innerglass Window Systems (860) 651-3951 www.stormwindows.com

t-shirt quilts

WHAT'S YOUR PASSION? Do you have a drawer full of memories? We make warm and cozy T-Shirt Quilts! www.christianlanequilts.com

**BUY IT...
SELL IT...
FIND IT...**

in CONNECTICUT
Magazine's
Marketplace
Classifieds



MARKETPLACE ADVERTISING

RATES: \$2.75 per word, 15 word minimum.

All hyphenated words and phone numbers count as two words. Black and white display advertisements begin at \$175 per inch; color display ads begin at \$200 per inch.

FREQUENCY DISCOUNTS

12 months = 20% discount
6 months = 15% discount
3 months = 10% discount

PAYMENTS: All advertisements are sold on a prepayment basis. Acceptable forms of payment are: Check, Money Order, Visa, MasterCard and American Express.

DEADLINES: Materials should be received by the 25th of the second month preceding the issue (for example, December 25 for February).

ADDRESS CORRESPONDENCE:

Joe Hinzay
CONNECTICUT Magazine
100 Gando Drive, New Haven, CT 06513
Phone: 203-401-1572
Email: jhinzay@adtaxi.com

WHAT'S GOING ON AT **cpbn**

NPR Ombudsman Elizabeth Jensen Visits CPBN's Hartford Office

NPR Ombudsman and Public Editor Elizabeth Jensen recently stopped by CPBN's Hartford office for an open discussion with staff about journalistic ethics and the challenges facing the media today. Jensen has served as a contributor to *The New York Times*, the *Columbia Journalism Review*, *The Wall Street Journal*, and *The Los Angeles Times*, among other publications.



Newman's Own Foundation Celebrates Senators Bob and Elizabeth Dole

A generous sponsor of the Connecticut Public Broadcasting Network's (CPBN) education programs and veteran vocational programs, the Newman's Own Foundation recently honored Senators Bob and Elizabeth Dole for their years of public service to the nation as well as their commitment to men and women in uniform, veterans, and their families.

NEWMAN'S OWN
FOUNDATION



CPBN's President and CEO Jerry Franklin (center) attended the ceremony in Washington, DC. He is pictured here with Congresswoman Nancy Pelosi (left) and Senator Elizabeth Dole (right).

What's On! 12.2017

CONNECTICUT PUBLIC BROADCASTING NETWORK

CPTV | WNPR | CPBN.ORG



*Celebrate
the Season*

WITH CALL THE MIDWIFE *and* MORE HOLIDAY PROGRAMMING ON **cptv**



PRESIDENT'S MESSAGE

We at the Connecticut Public Broadcasting Network (CPBN), home of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR), are very proud of what we have accomplished over the past year – with the help of the Connecticut community, of course!

In 2017, CPTV and WNPR produced a number of series and specials that showcased issues that are important to our audiences. For instance, CPTV joined with community partners to host *Life Lessons*. This series of live television events featured local experts addressing timely topics, such as combating Connecticut's opioid crisis, navigating retirement, and understanding paid family leave.

Meanwhile, WNPR explored issues of accessibility, as *The Colin McEnroe Show* partnered with the American School for the Deaf and Source Interpreting to present WNPR's first American Sign Language radio show. And when tragedy struck Puerto Rico in the form of Hurricane Maria, WNPR formed the Puerto Rico Reporting Initiative. WNPR staff members traveled to the island to provide in-depth reporting on the storm's aftermath and recovery efforts.

While expanding its focus to include Puerto Rico and other parts of the world, CPBN did not lose sight of its mission to explore and celebrate what makes Connecticut special. *Sharing Connecticut*, a series of video shorts, now airs Tuesdays and Thursdays on CPTV. This series highlights the unique people and places that contribute to the pulse and spirit of our great state. Keep a lookout for more great content like this, including a new CPTV original documentary about Connecticut's own Stanley, Black & Decker, premiering in 2018.

Last but not least, 2017 saw the launch of the brand-new television channel CPTV Spirit. This channel provides viewers with even more offerings from their favorite programming genres, from science and nature, to food and cooking, to the arts. CPTV Spirit is designed for viewers who are seeking to experience and understand more about our incredible world. We hope you have been enjoying it as much as we have!

After all, none of these exciting projects would have been possible without you, our members. We offer you our gratitude and our wishes for a happy, healthy holiday season!

Jerry Franklin
President and CEO, Connecticut Public Broadcasting Network



"What's On!"

is published monthly as a supplement in Connecticut Magazine by Connecticut Public Broadcasting Network, 1049 Asylum Avenue, Hartford, CT 06105. Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, is published monthly by Digital First Media, Lower Makefield Corporate Center, 790 Township Line Road, 3rd Floor, Yardley, PA 19067. Editorial content for "What's On!", the 16-page program guide devoted to CPTV and WNPR, is determined by Connecticut Public Broadcasting Network (CPBN), a nonprofit corporation chartered by the state of Connecticut.

TRUSTEES:

Thomas Barnes/Chair, Gregory Butler/Vice Chair, Joyce Ahrens, Tim Bannon, Edith Bjornson (emerita), Robert Blocker, Francisco L. Borges, Paul Bucha, Gregory Butler, Christopher Campbell, Gayle Capozzalo, Arnold Chase, Daniel Crown, Christopher Dadlez, Arthur Diedrick, Maryam Elahi, Jeffrey Flaks, Jerry Franklin (ex officio), Jeffrey S. Hoffman, Peter G. Kelly, Thea Montanez, George Norfleet, Michael Parker, Michael Price, Eugene M. Salorio, Laura Lee Simon (emerita), John Soto, Radha Radhakrishnan, Connie Weaver, George Whelen, V. E. Roger Williams, Jay Youngling

COMMUNITY ADVISORY BOARD:

Kay Rahardja/Chair, Elaine Elisabeth Barrie, Penina Beede, Eric Bennett, Linda Cavanaugh, Rocío Chang, Angie Chatman, Tarah S. Cherry, Amanda Devan, Gwendolyn Edwards, David Henderson, Henry Link, Kathryn O'Neil, Agnes Quinones, David Richards, Natasha Samuels, Meher Shulman, Maisa Tisdale

MEMBERSHIP AND PROGRAM INFORMATION:

Call: 860.275.7550

E-mail: audiencecare@cptv.org

Membership starts at \$40 per year.

EDITORIAL STAFF:

Editor: Lauren Rosenthal

Art Director: Pamela Howard

Contributor: Emily Caswell

All Voices Make Public Media Stronger

The future for public media has never been brighter or more important. With your loyal support, CPTV/WNPR will continue to be a trusted voice for journalism, civil discourse, informative storytelling, and accessible educational programming.

Please consider making a gift to CPTV/WNPR this holiday season.

cpbn.org/donate





Christmas with the Mormon Tabernacle Choir

Friday, December 15
at 9 p.m. on CPTV

Celebrate the holidays with the renowned Mormon Tabernacle Choir. This season's cross-cultural spectacular features the world's leading tenor, Rolando Villazon, and seasonal favorites.



NOVA: Bird Brain

Tuesday, December 20
at 9 p.m. on CPTV

Long mocked as empty-headed, our feathered friends hide surprisingly acute intelligence. But how smart are they? Watch as scientists test avian aptitude and challenge our basic notions of intelligence.



Ethan Bortnick: Generations of Music


Monday, December 4 at 8 p.m.
and Wednesday, December 6
at 9:30 p.m. on CPTV

 **Exclusive Tickets and Meet and Greet Opportunities Available**

Join the talented young virtuoso for a concert spanning generations and genres. Featuring guests Peter Yarrow (Peter, Paul and Mary), Bethany Yarrow, and cellist Rufus Cappadocia, this concert will appeal to audiences of all ages and musical tastes.

Brit Floyd — The World's Greatest Pink Floyd Show

Saturday, December 2 at 9:30 p.m. and
Thursday, December 7 at 8 p.m. on CPTV

 **Exclusive Tickets and Meet and Greet Opportunities Available**

The hotly anticipated rock event returns, as Brit Floyd brings the music of Pink Floyd to life once again with a lavish new stage show. The spectacle of a Pink Floyd concert experience is truly recaptured in high-definition sound, and with a stunning light show and state of the art video design.



Human Nature: Jukebox — In Concert from the Venetian

Friday, December 1 at 10 p.m. and Sunday, December 3 at 9 p.m. on CPTV

 **Exclusive Tickets and Meet and Greet Opportunities Available**

Travel in a time machine of 50s and 60s hits with this vibrant and dynamic musical foursome. Joined by special guest Darlene Love, a seven-piece band and world-class dancers, the group celebrates a mix of pop, doo-wop, bandstand, and soul standards.

Celebrate the Season

WITH A SPECIAL HOLIDAY LINEUP ON **cptv**



As temperatures dip and snow begins to fall, join CPTV for a collection of seasonally themed programming that is sure to put your family in the holiday spirit. Here is a sample of what to expect this December — just make sure to have a mug of hot cocoa handy.

Last Tango in Halifax Holiday Special

**Sunday, December 17 & 24
at 8 p.m. on CPTV**

In this two-part special, the long-awaited series checks in on childhood sweethearts Alan (Derek Jacobi) and Celia (Anne Reid), both widowed and in their 70's, who fall for each other all over again when they are reunited after 60 years.

Set two years after Kate's tragic death, the special sees Celia's daughter Caroline (Sarah Lancashire) coming to terms with some monumental changes in her life, including a new headship and a move to a new home with her family. Meanwhile, Alan's daughter Gillian (Nicola Walker) continues to struggle with guilt over her former husband Eddie's death, this time in the form of some unusual activity in her barn. Packed with shocks and surprises, the heartwarming drama follows the ever-growing highs and lows of life, relationships, and family.

Call the Midwife Holiday Special

**Monday, December 25
at 9 p.m. on CPTV**

The beloved series returns with an all-new Christmas special this December. Opening with Poplar under a thick blanket of snow, the midwives face the challenge of the coldest winter in 300 years. Battling snow, ice, power cuts, and frozen pipes, watch as everyone's favorite caretakers strive to provide the best possible care for their patients.

Tune in as Valerie (Jennifer Kirby) helps a young couple, newly arrived in London, who experience a traumatic birth and struggle with the aftermath. Sister Julianne (Jenny Agutter) also attempts to assist those in need, as she reunites a family torn apart by a tormenting father.

The Great British Baking Show Christmas Masterclass Marathon

**Thursday, December 7 and 14
at 9 p.m. and Thursday,
December 21 at 9 and 10 p.m.
on CPTV Spirit**

After the drama and deliciousness of the regular season, Mary Berry and Paul Hollywood are back to bring a generous dollop of baking cheer to the holidays this year. Step-by-step, they take us through stunning recipes that all the family can make during the festive season.

Watch Mary prepare a pavlova wreath, and Paul assemble a Chelsea bun Christmas tree. Learn how to make perfect mince pies, Christmas pudding and cake, and even more tasty treats perfect for the holiday season.

For more information about holiday programming on CPTV and CPTV Spirit this month, see our schedule listings or visit cptv.org/schedule.



Don't miss the *Call the Midwife* Holiday Special
on Monday, December 25 at 9 p.m. on CPTV.

Prime Time | December 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in **blue font**.
- Program or episode premiere indicated by a **P**. Live broadcasts indicated by a **L**.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

FRI 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Memory Rescue with Daniel Amen, M.D. Dr. Daniel Amen demonstrates ways to supercharge your memory and remember what matters most to you.				Human Nature: Jukebox The foursome Human Nature, backed by a dynamic band and world-class dancers, celebrates pop classics of the '50s and '60s.		21 Days to a Slimmer, Younger You**	
CPTV Spirit	Bob Hope: American Masters The entertainer's personal archives shed light on his life. Dick Cavett, Conan O'Brien, and others are interviewed.				Bing Crosby Rediscovered: American Masters This film features unprecedented access to Crosby's archives.		On Story	
SAT 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Celtic Woman - Homecoming: Ireland* (Start: 7:30 p.m.) Beloved singing group Celtic Woman celebrates the timeless emotion of Ireland's centuries-old heritage.			Brit Floyd - The World's Greatest Pink Floyd Show - Live! Brit Floyd celebrates the amazing musical legacy of Pink Floyd in front of sell-out audiences.			The '80s (My Music)** P Join a joyful jump into the 1980s, when music videos ruled the airwaves.	
CPTV Spirit	Cobblestone Corridor - Part 1	Vicious, Season 2 - Part 3	My Mother & Other Strangers, Season 1 on Masterpiece - Part 4		Hinterland - In the Dead of Night, Part 2 P		Endeavour, Season 3 on Masterpiece - Ride**	
SUN 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Big Band Years (My Music)* (Start: 7 p.m.) Peter Marshall hosts a celebration of big band music.		Human Nature: Jukebox (See CPTV, Dec. 1 at 10 p.m.)		'70s Soul Superstars (My Music)** Patti LaBelle hosts an all-star reunion of the legends of 1970s Motown, R&B, and soul.			
CPTV Spirit	Nature - Super Hummingbirds High-speed camera-work captures the fast-paced world of hummingbirds.			Eagles of Decorah Get a captivating look into the lives of bald eagles.	Raptors! Kings of the Sky P	Changing Seas P	Changing Seas	
MON 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Ethan Bortnick: Generations of Music Special guests join the talented young virtuoso for a concert spanning generations and genres.			Celtic Woman - Homecoming: Ireland (See CPTV, Dec. 2 at 8 p.m.)			The Age Fix with Anthony Youn, M.D.**	
CPTV Spirit	Born to Explore P	Curious Traveler	Flying to the Ends of the Earth - Siberia P		Globe Trekker - Food Hour: Southern China		Sacred Journeys with Bruce Feiler - Shikoku	
TUE 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Memory Rescue with Daniel Amen, M.D. (See CPTV, Dec. 1 at 8 p.m.)				Suze Orman's Financial Solutions for You This special from financial advisor Suze Orman focuses on her helping individual viewers "find financial solutions for you."			
CPTV Spirit	Pearl Harbor: Into the Arizona Join an exploration of the USS Arizona.		Journey Home to the USS Arizona P		Pearl Harbor: USS Oklahoma - The Final Story		Start Up	Beyond Geek
WED 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Viewers' Favorites Sit back and relax with a special presentation from CPTV.			Ethan Bortnick: Generations of Music (See CPTV, Dec. 4 at 8 p.m.)		Eat Fat, Get Thin with Dr. Mark Hyman** Learn how eating fat can help promote optimum health.		
CPTV Spirit	Jacques Pepin: American Masters Jacques Pepin elevated essential kitchen techniques to an art form.			Julia Child: American Masters The chef's life and legacy are celebrated.		In Defense of Food** Author Michael Pollan goes on a journey to learn what people should eat to stay healthy.		



Great Performances — Hitman: David Foster and Friends

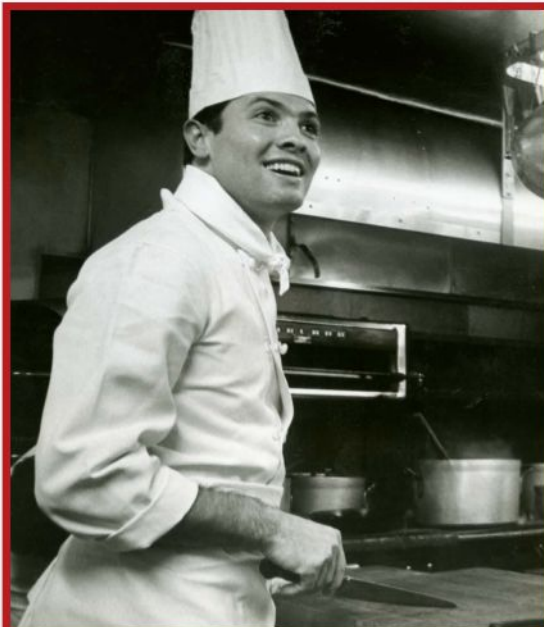
Thursday, December 7 at 9:30 p.m. on CPTV

 **Exclusive Tickets and Meet and Greet Opportunities Available**

Legendary songwriter, producer, and maestro to the stars David Foster has generated some of the world's best-known popular music, and collaborated with a veritable "Who's Who" of superstars in a career that spans more than three decades. In celebration of his remarkable achievements — including 15 Grammy Awards and a host of other accolades — some of the biggest names in contemporary music gather for a one-night-only concert that brings down the house.

Prime Time | December 7-12

THU 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Brit Floyd - The World's Greatest Pink Floyd Show - Live! (See CPTV, Dec. 2 at 9:30 p.m.)			Great Performances - Hitman: David Foster & Friends The legendary producer is celebrated with performances by Celine Dion, Josh Groban, and more.			Smart Fats to Outsmart Aging with...**	
CPTV Spirit	Start Up	Craftsman's Legacy	The Great British Baking Show, Season 1 - Christmas Masterclass		The Great British Baking Show, Season 2 - Part 9: French Week		The Great British Baking Show, Season 3 - Masterclass 1	
FRI 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Jacques Pépin: American Masters (See CPTV Spirit, Dec. 6 at 8 p.m.)			On the Psychiatrist's Couch with Daniel Amen, M.D. Dr. Daniel Amen, one of the most popular psychiatrists in America, shares the most important lessons he has taught his patients over the years.			Forever Painless with Miranda...**	
CPTV Spirit	Hollywood Idols	Hollywood Idols	Movie Classics Collection - Four Weddings and a Funeral A reserved Englishman meets an American woman at a wedding. Hugh Grant stars.			Science Goes to the Movies		On Story
SAT 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Viewers' Favorites Enjoy your Saturday evening with a lineup of concert specials, educational programs, and more.							
CPTV Spirit	Cobblestone Corridor - Part 2	Vicious, Season 2 - Part 4	My Mother & Other Strangers, Season 1 on Masterpiece - Part 5		Hinterland - Ceredigion, Part 1 A bus driver is shot dead.		Endeavour, Season 3 on Masterpiece - Arcadia**	
SUN 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Viewers' Favorites CPTV presents a curated selection of some of its most popular specials.							
CPTV Spirit	Nature - Moose: Life of a Twig Eater		Nature - Pets: Wild at Heart - Playful Creatures		Nature - Pets: Wild at Heart - Secretive Creatures		Changing Seas	Changing Seas
MON 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Anaheim, Part 3 Highlights include a collection of wanted posters.		Antiques Roadshow - Richmond, Part 1 An Albert Neuhuys watercolor is appraised.		Independent Lens - Newtown The aftermath of the tragic mass shooting in Newtown, Connecticut on December 14, 2012 is explored.		Healthy Minds with Dr. Jeffrey Borenstein	
CPTV Spirit	Born to Explore	Curious Traveler	Flying to the Ends of the Earth - South Pacific		Globe Trekker - Papua New Guinea		Sacred Journeys with Bruce Feiler - Kumbh Mela	
TUE 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Finding Your Roots, Season 4 - Part 9: Southern Roots Guests include Dr. Phil and Questlove.		Genealogy Roadshow - Philadelphia: Historical Society of Pennsylvania		The Color of Justice Revisited	Frontline - Life on Parole Former prisoners in Connecticut are followed through their first year on parole.		Healthy Minds with Dr. Jeffrey Borenstein
CPTV Spirit	To Catch a Comet An orbiter tries to land on a comet's surface.		Cosmonauts Interviews and footage reveal the story of the Space Race from the other side of the Iron Curtain.			Beyond Geek	Start Up	Beyond Geek



Jacques Pépin: American Masters

Saturday, December 2 at 4:30 p.m. and
Friday, December 8 at 8 p.m.
on CPTV

Exclusive Opportunity to Have Dinner with Jacques Pépin

Explore the story of chef Jacques Pépin, a young immigrant with a mastery of cooking and teaching so breathtaking he became an early food icon — joining James Beard and Julia Child among the handful of people who transformed the way the country views the world of chefs, restaurants, and food.

Prime Time | December 13-18

WED 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Soul of the Elephant Award-winning filmmakers follow the lives of two bull elephants.		NOVA - Secret Tunnel Warfare Allied tunneling operations during World War I are explored.		Nazi Mega Weapons - Fortress Berlin Hitler was 10 meters underground as the Russians advanced.		Antiques Roadshow - Richmond, Part 1 (See CPTV, Dec. 11 at 9 p.m.)	
CPTV Spirit	Walt Disney: American Experience - Part 1 The life and legacy of the iconic filmmaker are explored from his early days creating Mickey Mouse.				Walt Disney: American Experience - Part 2 (See CPTV Spirit, Dec. 13 at 8 p.m.)			
THU 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Carla's Pasta: An American Success Story Meet the founder and president of Carla's Pasta.		Doc Martin, Season 7 - Control-Alt-Delete Martin is persuaded to find Buddy a new home.		Doc Martin, Season 7 - Other People's Children Louisa's ex-boyfriend arrives from London.		Ask This Old House	This Old House
CPTV Spirit	A Chef's Life Holiday Special Holiday treats are featured.		The Great British Baking Show, Season 2 - Christmas Masterclass		The Great British Baking Show, Season 2 - Part 10: The Final		The Great British Baking Show, Season 3 - Masterclass 2	
FRI 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Last Year's Model, Part 1 Barnaby has doubts about evidence in a murder case.		Grantchester, Season 2 on Masterpiece - Part 5 Will Gary go to the gallows?		Christmas with the Mormon Tabernacle Choir 2017 Tenor Rolando Villazón is featured.		Great Performances - American Voices with Renee Fleming** The art of singing is celebrated.	
CPTV Spirit	Fats Domino: American Masters The influential musician is profiled.		Great Performances - Billy Elliot the Musical Live A young boy in an English mining community journeys from the boxing ring to the ballet barre in this Tony-winning musical.					
SAT 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Prince Philip: The Plot to Make a King Prince Philip's upbringing and royal marriage are explored.		Movie Classics Collection - Four Weddings and a Funeral (See CPTV Spirit, Dec. 8 at 9 p.m.)				Secrets of Chatsworth Tour the estate that has been home to the Cavendish family for centuries.	
CPTV Spirit	Cobblestone Corridor - Part 3	Vicious, Season 2 - Part 5	The Bletchley Circle, Season 1 - Part 1		Hinterland - Ceredigion, Part 2 (See CPTV Spirit, Dec. 9 at 10 p.m.)		Endeavour, Season 3 on Masterpiece - Prey**	
SUN 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Last Tango in Halifax Holiday Special, Part 1 The family moves to a farmhouse in time for Christmas.		Victoria on Masterpiece, Season 1 - Part 1: Doll 123 As a new queen, the young Victoria struggles to take charge amid plots to manipulate her.			Midsomer Murders - Last Year's Model, Part 1 (See CPTV, Dec. 15 at 8 p.m.)		
CPTV Spirit	Nature - Naledia: One Little Elephant Follow a baby elephant.		My Wild Affair - The Elephant Who Found a Home		Nature - Soul of the Elephant (See CPTV, Dec. 13 at 8 p.m.)		Changing Seas	Changing Seas
MON 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Richmond, Part 2 Finds include a 1765 Thomas Pitts silver epergne.		Antiques Roadshow - Richmond, Part 3 A Bride of Frankenstein pressbook is appraised.		Violins of Hope: Strings of the Holocaust Violins recovered from the Holocaust are restored.		The Color of Justice Revisited	Visionaries Tour Silver Hill Hospital.
CPTV Spirit	Born to Explore	Curious Traveler	Flying to the Ends of the Earth - Peru		Globe Trekker - Hawaii		Sacred Journeys with Bruce Feiler - Lourdes	



Catch Holiday Programming All Month Long on CPTV Kids

CPTV Kids celebrates the season this December with holiday favorites from *Wild Kratts*, *Curious George*, and more! Plus, tune in for brand new episodes from *Ready Jet Go!* and *Splash and Bubbles*.

Visit cptv.org/schedule for complete listings.



Prime Time | December 19-24

TUE 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Finding Your Roots, Season 4 - Part 10: Funny Business Guests include Garrison Keillor.		Your Health: A Sacred Matter Learn how the medical profession is reintegrating patients' spirituality into the healing process.			Frontline - American Patriot The Bundy family's fight against the government invigorated militias.		
CPTV Spirit	NOVA - Memory Hackers Mind-control research is explored.		My Love Affair with the Brain: The Life & Science of Dr. Marian...		Bell Ringer: The Invisible Brain Injury		Start Up	Beyond Geek
WED 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - The Story of Cats: Asia to Africa Discover how the first cats arose in the forests of Asia.		NOVA - Bird Brain The genius of birds is leading humans to rethink notions of intelligence.		Nature - Big Birds Can't Fly Meet flightless birds including ostriches, emus, and kiwis.		Antiques Roadshow - Richmond, Part 2 (See CPTV, Dec. 18 at 8 p.m.)	
CPTV Spirit	Chaplains - Parts 1 & 2 Meet chaplains who represent their faith traditions, but are trained to comfort and support everyone, regardless of faith.				Independent Lens - Supergirl A girl navigates adolescence while attempting to succeed at powerlifting.			Film School Shorts
THU 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Father Brown - Mask of the Demon Father Brown investigates the murder of a B-movie director.		Doc Martin, Season 7 - Facta Non Verba Dr. Timoney questions Martin and Louisa's compatibility.		Doc Martin, Season 7 - The Doctor Is Out Annie Winton wants Martin to try to save her husband.		Ask This Old House	This Old House
CPTV Spirit	Lidia Celebrates America - Homegrown Heroes		The Great British Baking Show, Season 3 - Christmas Masterclass		The Great British Baking Show, Season 5 - Christmas Masterclass		The Great British Baking Show, Season 3 - Masterclass 3	
FRI 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Last Year's Model, Part 2 (See CPTV, Dec. 15 at 8 p.m.)		Grantchester, Season 2 on Masterpiece - Part 6 A dead girl's parents seek revenge.		The Kate - Nancy & Beth Megan Mullally and Stephanie Hunt perform their "punk vaudeville" act.		Eric Idle's The Entire Universe Explore the history of the universe through music and special guests.	
CPTV Spirit	Robin Williams Remembered: A Pioneers of Television Special		Pioneers of Television - Acting Funny		Pioneers of Television - Stand Up to Sitcom		Science Goes to the Movies	On Story
SAT 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Christmas with the Duttons Three generations of family present a joyful celebration.		Call the Midwife Holiday Special 2016 The Nonnatus House family visits South Africa after they receive an SOS call from a mission hospital.			Father Brown - Mask of the Demon (See CPTV, Dec. 21 at 8 p.m.)		Antiques Roadshow - Richmond...*
CPTV Spirit	Cobblestone Corridor - Part 4	Vicious, Season 2 - Part 6	The Bletchley Circle, Season 1 - Part 2		Hinterland - The Tale of Nant Gwrtheyrn, Part 1		Endeavour, Season 3 on Masterpiece - Coda**	
SUN 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Last Tango in Halifax Holiday Special, Part 2 Alan is forced to confront his fears.		Victoria, Season 1 on Masterpiece - Part 2: Brocket Hall Victoria faces rioters and suitors.		Victoria, Season 1 on Masterpiece - Part 3: The Clockwork Prince Albert pays a visit.		Midsomer Murders - Last Year's Model, Part 2 (See CPTV, Dec. 15 at 8 p.m.)	
CPTV Spirit	Christmas with the Duttons (See CPTV, Dec. 23 at 8 p.m.)		Christmas with the Mormon Tabernacle Choir 2017		Southern Celtic Christmas Concert		Christmas with the Mormon Tabernacle Choir 2016	



Your Health: A Sacred Matter

Tuesday, December 19 at 9 p.m. on CPTV

Depicting a comprehensive overview of the relationship between religion, spirituality, and health, this documentary examines the past and present roles religion and health have played in Western medicine. The film tells the personal stories of doctors, nurses, patients, chaplains, and caregivers as they explore some of life's important questions.

Prime Time | December 25-31

MON 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Naughty or Nice Fascinating items include a dress worn by Marilyn Monroe.		Call the Midwife Holiday Special 2017 Valerie helps a young couple with a traumatic birth and Sister Julianne tries to reunite a family.			Antiques Roadshow - Anaheim, Part 1 Amazing discoveries include a Marx Brothers prop duck.		Let There Be Light**
CPTV Spirit	Born to Explore	Curious Traveler	American Conscience: The Reinhold Niebuhr Story		Time Scanners - Jerusalem		Sacred Journeys with Bruce Feiler - Jerusalem	
TUE 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Sultan & the Saint St. Francis of Assisi and the Sultan of Egypt worked to end the Crusades.		Secrets of Spanish Florida: A Secrets of the Dead Special The little-known history of America's Spanish colonists who settled in Florida in 1565 is revealed.			Lost Pueblo Village: A Time Team America Presentation		
CPTV Spirit	NOVA - Rise of the Robots Meet advanced humanoid robots.		Hawking The incredible life of Stephen Hawking is chronicled.		Counting from Infinity: Yitang Zhang & the Twin Prime Conjecture		TED Talks - Science & Wonder Explore fascinating scientific topics.	
WED 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - The Story of Cats: Into the Americas Track the journey of cats into the Americas.		NOVA - The Day the Dinosaurs Died Scientists explore the asteroid that killed the dinosaurs.		Secrets of the Dead - Graveyard of the Giant Beasts Meet a 43-foot snake called Titanoboa.		Antiques Roadshow - Naughty or Nice (See CPTV, Dec. 25 at 8 p.m.)	
CPTV Spirit	Your Health: A Sacred Matter (See CPTV, Dec. 19 at 9 p.m.)				Independent Lens - Meet the Patels A man from a Hindu family enters the semi-arranged marriage system.		Bulldog vs. Bulldog	
THU 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Father Brown - The Brewer's Daughter Sid falls for an heiress, but she is arrested for murder.		A Place to Call Home, Season 4 - A Nagging Doubt Sarah makes a shocking discovery.		A Place to Call Home, Season 4 - Bad in a Good Way Sarah faces Sgt. Taylor's suspicion.		Ask This Old House	This Old House
CPTV Spirit	Start Up	Craftsman's Legacy	This Old House Hour The apprentices learn roofing.		The Great British Baking Show, Season 3 - Part 1: Cake		The Great British Baking Show, Season 3 - Masterclass 4	
FRI 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Blood Wedding, Part 1 The maid of honor at a wedding is murdered.		Bob Hope: American Masters (See CPTV Spirit, Dec. 1 at 8 p.m.)			Great Performances - National Theatre: 50 Years on Stage** Celebrate with the National Theatre.		
CPTV Spirit	Remembering Leonard Nimoy Nimoy's life and career are explored.		William Shatner Presents: Chaos on the Bridge		Pioneers of Television - Science Fiction		Beyond Geek	Beyond Geek
SAT 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Amelia - A Tale of Two Sisters Explore the relationship between Amelia Earhart and her sister Muriel.		Jackie - A Tale of Two Sisters Jacqueline Kennedy Onassis and her sister Lee Radziwill are profiled.		Secrets of Selfridges Uncover hidden stories about the London department store Selfridges.		Father Brown - The Brewer's Daughter (See CPTV, Dec. 28 at 8 p.m.)	
CPTV Spirit	Cobblestone Corridor - Part 5	Vicious, Season 3 Special Stuart and Freddie enjoy their inheritance.		The Bletchley Circle, Season 1 - Part 3		Hinterland - The Tale of Nant Gwrtheyrn, Part 2		Endeavour, Season 4... **
SUN 31	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Bob Hope: American Masters* (Start: 7 p.m.; See CPTV Spirit, Dec. 1 at 8 p.m.)		Victoria, Season 1 on Masterpiece - Part 4: An Ordinary Woman Courtship leads to doubts.		Live from Lincoln Center - New York Philharmonic New Year's Eve: Bernstein on Broadway Ring in 2018 with a celebration of Leonard Bernstein's works for Broadway, including West Side Story.			
CPTV Spirit	Nature - Raising the Dinosaur Giant		Secrets of the Dead - Graveyard of... (See CPTV, Dec. 27 at 10 p.m.)		NOVA - The Day the Dinosaurs Died (See CPTV, Dec. 27 at 9 p.m.)		Bones of Badger Hole: A Time Team America Presentation	



William Shatner Presents: Chaos on the Bridge

Friday, December 29 at 9 p.m. on CPTV Spirit

In this new documentary, actor William Shatner takes viewers inside the tumultuous creation of *Star Trek: The Next Generation*. Through cast interviews and behind-the-scenes footage, discover the drama, chaos, and controversy that ultimately led to another beloved entry in the *Star Trek* franchise.



Provençal Herb-Crusted Beef Tenderloin with Puff Pastry and Red Wine Sauce

From Faith:

Chris Prosperi and I put our heads together to create a holiday centerpiece dish that looks elaborate, but is actually made up of four easy make-ahead components. In this dish, a fragrant Provençal-inspired rub crusts a gorgeous beef tenderloin. There are also pillows of puff pastry and a decadent red wine sauce you'll want to sip by the spoonful. The puff pastry is a simple, store-bought puff pastry you can make while the roasted tenderloin is resting—or up to a day ahead.

Faith

INGREDIENTS

1 package puff pastry

For the rub:

1 large flat-leaf parsley, chopped
4 tablespoons fresh thyme, chopped

2 tablespoons fresh rosemary, chopped

2 tablespoons kosher salt

1 teaspoon large grind black pepper

¾ cup coriander seed, crushed

½ cup fennel seed, crushed

6 cloves garlic minced

zest from 3 large oranges

For the tenderloin:

4-5 pound beef tenderloin, trimmed

2 tablespoons olive oil

For the red wine sauce:

1 cup red wine

4 cups beef broth

4 tablespoons corn starch mixed with 4 tablespoons cold water

1 tablespoon Worcestershire sauce

2 tablespoons balsamic vinegar

1 teaspoon honey

½ teaspoon large ground black pepper

2 tablespoons butter

drippings from the sheet pan

INSTRUCTIONS

1. Mix all rub ingredients and set aside.
2. Heat oven to 400°F. Thaw and roll out the pastry on a large cutting board. Cut into eight equal squares and place on parchment paper on a baking sheet. Then prick with a fork and bake for 10-20 minutes or until lightly browned and crispy. Remove from oven and set aside.
3. Heat oven to 450°F. Place the trimmed tenderloin on a rimmed baking sheet large enough to fit. Rub the tenderloin with the olive oil to coat. Then carefully coat and press the rub mix into the meat, turning to get all sides. Place into the 450°F. oven and roast for 5-7 minutes. Turn the oven down to 350°F and roast for 20-25 minutes or until desired doneness. Remove from oven and let rest for a minimum of 15-20 minutes.
4. Place the red wine in a sauce pan over medium heat and simmer until reduced by half. Add in the broth and return to a simmer. Mix the corn starch with the cold water and pour into gravy mixture while stirring. Remove from the heat, and whisk in the Worcestershire sauce, balsamic vinegar, honey, and black pepper. Stir in butter and drippings from the sheet pan.
5. Slice the tenderloin and place slices on top of a square of puff pastry. Pour the red wine sauce over everything.



• LOCAL. WHOLESOME. •
TRADITION

Visit cucinadicarla.com
for retailers near you!





America's Christmas Tree Origins

DID THE NEW WORLD TRADITION OF PUTTING UP CHRISTMAS TREES REALLY START IN CONNECTICUT?

A stone monument in the park behind the Noden-Reed Museum in Windsor Locks reads: "Site of the first decorated Christmas tree in New England." Local tradition holds that the original tree this marker commemorates was not only the first Christmas tree in New England, but the first to be raised for the holiday in the New World.

You can find the marker after parking in the museum lot at 58 West St. and walking a gravel path until you see an evergreen in the field on your left. The stone marker is under the evergreen. Tracing the history and confirming the truth behind the claim, however, is a much harder task.

The tale begins with the Battle of Bennington on Aug. 16, 1777, during the Revolutionary War. The battle was a major victory for the rebel forces, and about 700 enemy troops were captured including a Hessian soldier named Hendrick Roddemore. The prisoners were dispersed throughout New England. By that winter, somehow, Roddemore ended up in Pine Meadow, today part of Windsor Locks but then a part of Windsor, working for a farmer named Samuel Denslow.

In some accounts, Roddemore was hired to work for Denslow after being freed or put on some type of parole; in other versions he was placed in Denslow's custody.

Regardless of whether he ended up there as a free man or prisoner of war, there is

no debate that Roddemore was in Windsor Locks by Christmas 1777, and by that time enjoyed a good deal of autonomy while working on Denslow's farm. He lived in his own cabin, which is today the site of the Christmas tree monument. In this cabin Roddemore is said to have raised the first New World Christmas tree.

Mickey Danyluk, municipal historian for the town of Windsor Locks, says there "are no primary sources" for the story of Roddemore raising a Christmas tree. Instead, the earliest reference to the tale he and other local historians are aware of comes courtesy of a *Hartford Courant* article by Herbert J. Stoeckel, published on Christmas Day 1955. The source for Stoeckel's article is an unnamed "Oldtimer." In the article the old-timer speculates that Roddemore erected the first Christmas tree in Connecticut, *not* New England or the Americas, as later accounts would claim. After Stoeckel asks, "Who was the state's first Christmas tree impresario," the old-timer responds, "We'll never know definitely. However, employing deduction, I think we can award the palm — or shall we say the balsam — to Hendrick Roddemore of Pine Meadow."

The old-timer adds, "It's known that the Hessians serving with the British during the Revolution would cut down and decorate Christmas trees to celebrate the holiday like in the old country. ... So using our imagination a bit, we can surmise — and logic is on our side — that Hendrick did the same in Pine Meadow."

Danyluk says Gladys Reed worked in the business office at the *Hartford Courant* during the time the story was published. Since her family owned the farm where Roddemore had worked in the late 1700s, he speculates it's possible she told Stoeckel the story or put him in touch with the old-timer.

Believers of the story say it is likely Roddemore raised a tree because the tradition was common among Hessian soldiers. Critics say there is no primary-source evidence that he did, and even if true, since there were Hessian soldiers throughout the colonies at this time, someone else would have likely raised a tree earlier, and there are even some reports of earlier trees.

Philip Devlin, a local historian who has written about the possible Windsor Locks Christmas tree connection says, "My belief is there is no way to state with certainty it was the first [Christmas tree], but it certainly could have been."

Devlin adds that the background to the story makes sense, as Americans learned the tradition of raising Christmas trees from German immigrants in the 1800s.

James Roche Jr., president of the Windsor Locks Historical Society, believes the story because "based on the size of our town [very small geographically], the oral histories, which still go on today, are rooted in fact."

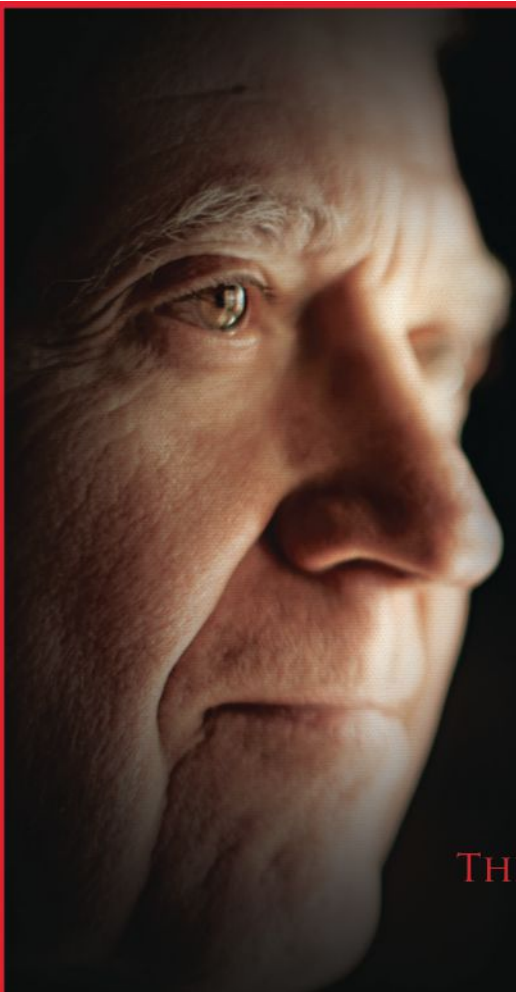
The local community has embraced the story, as well, with the monument in Noden-Reed Park. Each year, during the holiday season, the historical society decorates the tree above the stone monument marking Roddemore's cabin, and the Noden-Reed Museum hosts an

event during the town's Torchlight Parade. It sounds like a beautiful community tradition, regardless of what you think about the story that inspired it. ■



A stone marker (pictured at right) sits beneath this evergreen tree in the park behind the Noden-Reed Museum in Windsor Locks, marking the spot where legend claims the first Christmas tree in the New World was raised.





“I ALWAYS
BELIEVE IN
SUPPORTING
THE THINGS
THAT ARE
WORKING.”

- WILLIAM, ON REMEMBERING
THE SALVATION ARMY IN HIS ESTATE PLAN

SOME PEOPLE'S LEGACIES ARE ENGRAVED ON MONUMENTS.
YOURS WILL BE WRITTEN ON LIVES.

There are many ways to make a gift to The Salvation Army through your estate plan: a bequest through your will or trust, a beneficiary designation of your IRA or 401k, life insurance, bank or brokerage account, or through a testamentary gift annuity.

Michael Afflitto, CAP®
Director of Planned Giving
1-888-468-5356 (toll free)
michael.afflitto@use.salvationarmy.org
www.salvationarmyct.org



DOING THE MOST GOOD™



**THIS IS NOT A SWEATER.
THIS IS AN ORVIS SWEATER.**

FOUL-WEATHER SWEATER

SOFT TOUCH

*collar & handwarmer
pockets are lined
with fleece*

A NATURAL

*dense-knit wool is
inherently water resistant,
warm & breathable*

TURN INTO THE WIND

*ingenious liner stops wind
from penetrating*

STAY STRONG

*rib-knit cuffs & hem
lock in warmth & won't
stretch out over time*



GET TO KNOW THE ORVIS DIFFERENCE ONLINE OR AT ONE OF OUR 70+ STORES.
OH, AND BRING YOUR DOG ALONG. WE'D LOVE TO MEET YOU BOTH.

ORVIS®

MEN | WOMEN | FLY FISHING | WINGSHOOTING | DOGS

AVON • ORVIS.COM

\$25 OFF \$50

ON YOUR NEXT ORVIS PURCHASE

Use promo code **CTMAG25** | Expires 12/31/2017

ORVIS FANS & NEW FRIENDS, PLEASE ENJOY THIS SPECIAL OFFER.

OFFER VALID AT ORVIS RETAIL STORES, 800-541-3541, AND ORVIS.COM. Code must be presented at time of purchase to receive discount at retail stores. Valid on full-priced merchandise only. Not valid on previous purchases, select product promotions, Orvis outlet stores; fishing, Barbour®, Dubarry of Ireland®, Leatherman®, or Yeti® merchandise; Gift Cards, guns, ammunition, schools, or travel packages. Cannot be combined with any other offer. Taxes, shipping, and handling do not count toward the qualifying amount. For single use only. No cash value. Code valid through 12/31/2017. Other exclusions may apply.